

# Burnout Prevention Tips

- **Start the day with a relaxing ritual or routine.**

Spend 10-15 minutes in the morning meditating, practicing deep breathing, reading, do some simple stretches (See Relaxation Exercises handout).

- **Adopt healthy eating, exercising, and sleeping habits (see Sleep Hygiene Handout).**

Adopting these habits increases your energy, and it also increases your resilience to deal with everyday stressors.

- **Set boundaries, learn to say no to requests on your time (it IS ok to say no!)**

Getting rid of unnecessary tasks and requests on your time helps reduce your stress.

- **Build in decompression time at the end of your work day.**

Especially before jumping into family activities. Sit quietly for awhile, write in a journal, do some deep breathing or meditating. This may be on the car ride home.

- **Enjoy your time off.**

Leave work at work. Spend your time off doing hobbies you enjoy, and spend time with people outside of work. Give yourself enough time off between shifts. Working too much overtime increases your risk of burnout.

- **Learn relaxation techniques to relieve stress and tension, use them at work and at home.**

(See Relaxation techniques Handout)

- **Involve yourself in a good support system; talk with other trusted coworkers about how your feeling.**

Discussing difficult situations regarding work with another colleague who you trust can help to reduce stress related to work.

- **Take a daily break from technology.**

Turn off your phone, stop checking email, take a break even from sitting in front of the TV.

Spend some time doing a relaxing ritual in the evening (maybe practice some deep breathing while taking a bubble bath.)

- **Learn stress management techniques.**

These will help you deal more effectively with stress at work and at home, it will also help you manage your time more effectively.

Look up: [http://helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://helpguide.org/mental/stress_management_relief_coping.htm)