

## Prevent Burnout with 5 Simple Strategies

If constant stress has you feeling disillusioned, helpless, and completely exhausted, you may be suffering from burnout. A burnout can happen at any time to anyone, so it's important to prevent it. Burnout is a state that is best described as complete exhaustion. Here are some preventable strategies to help avoid burnout.



### 1. Find a creative outlet.

*Creativity is one of the best ways to prevent burnout.*

- Do you love to draw, paint, design or play an instrument? It's important to find a creative way to release energy and fight stress.

### 2. Find time for yourself.

*Do you spend all your time working and taking care of family or friends?*

- One of the main reasons burnout happens is because people keep pushing themselves and don't take enough breaks to regroup and heal.

### 3. Reach out to others.

*Prevent burnout by talking about your concerns or worries with others.*

### 4. Dig deep into your mind and soul.

*Look inward. Why are you burning out? What is truly causing the stress in your life? It's important to look inside instead of just focusing on external issues.*

### 5. Focus on the positive.

*Burnout can occur because your focus is lost and misdirected to negative emotions and thoughts.*

- Consider your daily thoughts and feelings. Are you focusing on the negative? How can you change this so your thoughts are on a more positive path? You may have to set boundaries, say no more often and reject more work or responsibilities to stay balanced. Your health is worth it.