

Boost Your Wellbeing

10 Tips to Prevent Burnout



1 Prioritize Self-Care

Make time for activities that bring you joy and relaxation. At work, take 5 minutes a day for a quick meditation or breathing exercise. At home, listen to music, watch a movie, or spend time with your loved ones. Challenging yourself to test a new self-care routine can make a significant difference.



2 Set Boundaries

Establish clear boundaries between work and personal life. This will create a work-life balance that is heavily needed to maintain a strong state of mental and physical health. Strive for work-life integration by setting boundaries, scheduling regular breaks, and embracing flexibility to ensure a harmonious balance between your professional and personal.



3 Stay active

Regular exercise can increase energy levels, improve sleep quality, enhance memory, reduce stress, and calm the mind. Some individuals may dislike the gym, which is perfectly fine; you can try dancing, walking, and cycling. Anything to stay active will promote a balanced lifestyle that will benefit your mental and physical health. Exercise, in general, is a valuable and simple tool to enhance your quality of life.



4 Make time for leisure

Leisure activities like hiking, cooking, dancing, painting or anything else you enjoy can reduce stress and spark inspiration or motivation, which all contribute to a healthy mental and physical state. Prioritize activities that truly rejuvenate you and align with your interests, allowing you to unwind and find joy in the present moment.

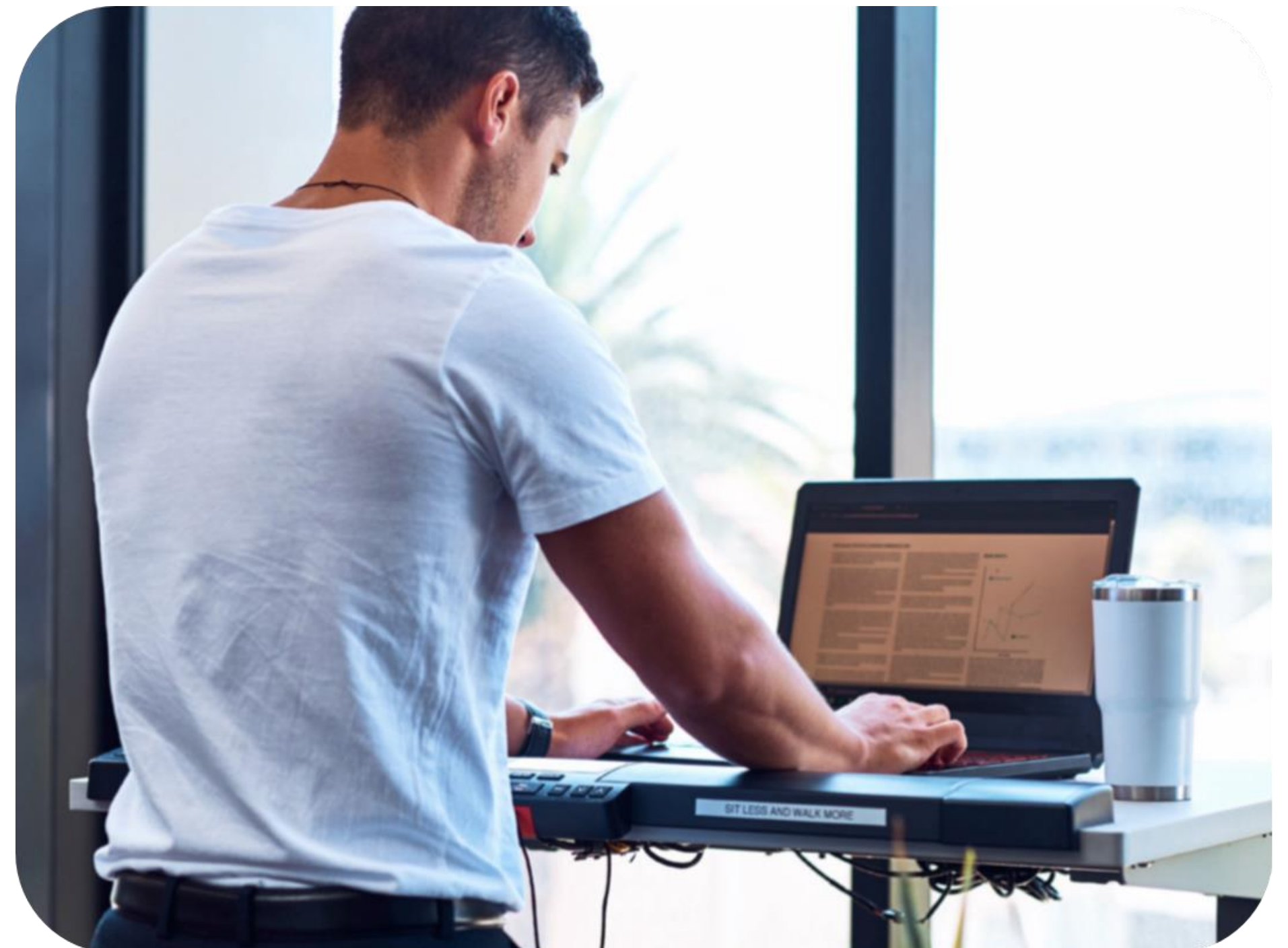


5 Practice wellness tourism

Wellness tourism refers to a specialized form of travel that prioritizes the wellbeing of individuals. Sometimes, a time to disconnect from everything is needed to return to work and to promote a sense of balance. A trip can be used to feed and strengthen your mental stability by focusing on activities like spa retreats, meditation retreats, yoga retreats, fitness & adventure vacations, and holistic healing practices.

6 Stand and move

Moving your body instead of sitting for hours can significantly improve your physical health. Incorporating walking time throughout your workday allows you to boost your step count and add healthy physical activity. If you're working remotely, using a treadmill or a walking pad can increase your step count during meetings.



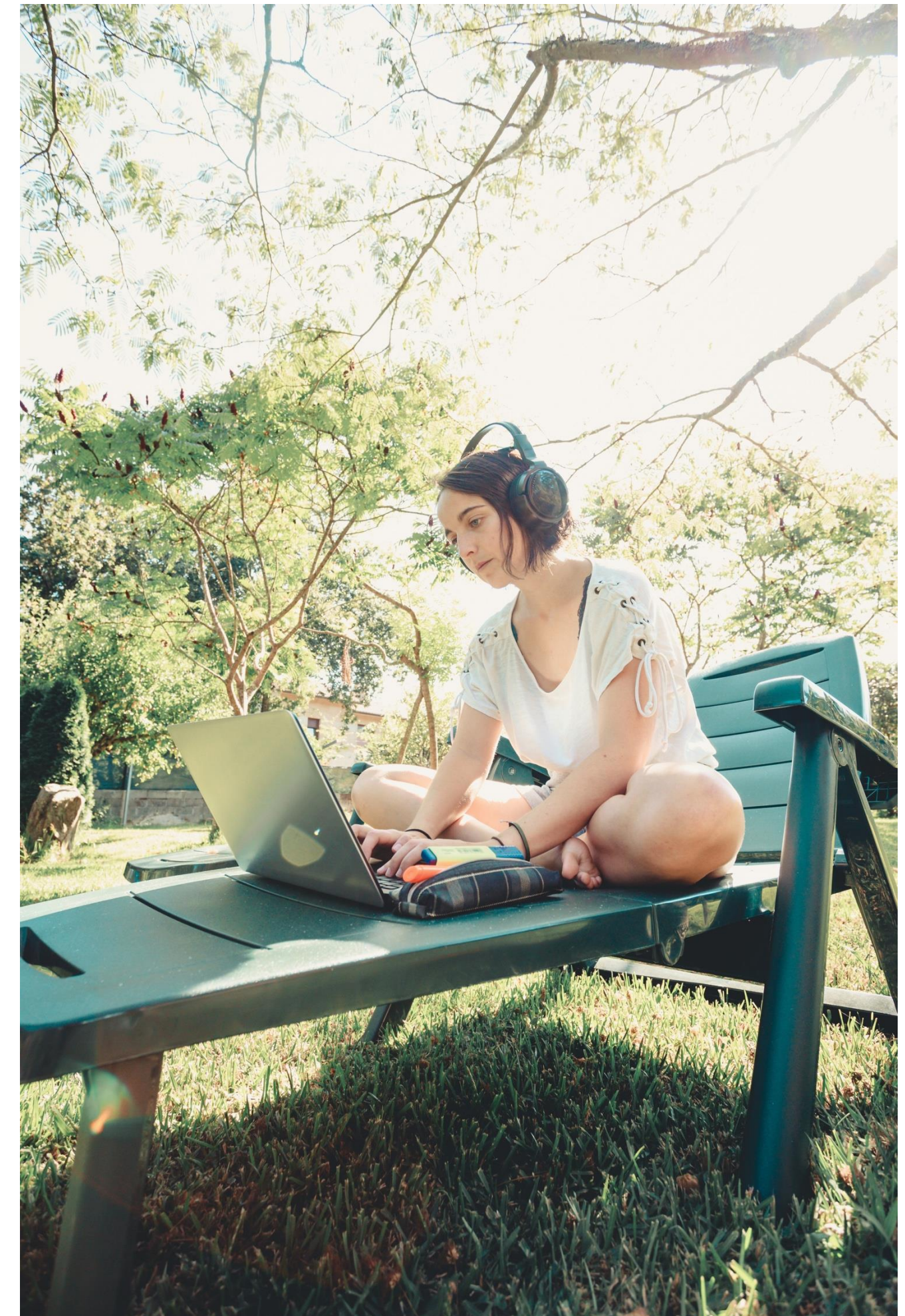
7 Regular check-ins

Have a regular self-check-in to assess your mental and physical wellbeing. This will allow you to identify signs of burnout and make the necessary adjustments to maintain balance. Make changes that will improve your mental and physical health! This is a great opportunity to work with a health coach or licensed therapist if you'd benefit from additional support.



8 Take PTO

Whether for a family vacation or a mental health day, taking time away from work or school is necessary to prevent burnout and to recharge. You can use a day off to spend time with yourself or your loved ones to dedicate some time to be at home doing what makes you the happiest. Remember, use PTO as a proactive step to ensure you can return to work feeling more productive and engaged.





9 Make healthy choices

Eating a balanced diet can boost your energy and physical health. Eating fruits, vegetables, and proteins can positively impact energy and mood. Avoid excessive caffeine, processed foods, and sugar intake since that can make you feel sluggish and cause unhealthy weight gain.

10 Social connection

Fostering relationships with family, friends, and colleagues can provide support in many ways. It can prevent feelings of isolation and improve mental health. You can get a group of friends and take a fitness class together or go for a walk to get some physical activity while also supporting your mental health with the company of others.





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