

# AVOID BURNOUT!

Catching burnout early allows for adjustments before health & performance are affected. Normal stress comes & goes, but burnout lingers & deepens without intervention.

## Do you feel like this?

- Constant exhaustion that rest does not fix
- Cynicism or detachment from work
- Feeling overwhelmed most days
- Difficulty concentrating or making decisions
- Reduced sense of purpose or impact

## What you can do to change it...

- Listen to your body & mind; give yourself permission to rest.
- Take conscious breaks (even if they are short), disconnect & breathe.
- Reevaluate workloads with your manager.
- Use wellness resources that may be available from your employer.
- Find fulfilling activities, like a walk or a hobby.
- Reach out for support.



Learn More: [HealthDiscovery.org](https://www.healthdiscovery.org)