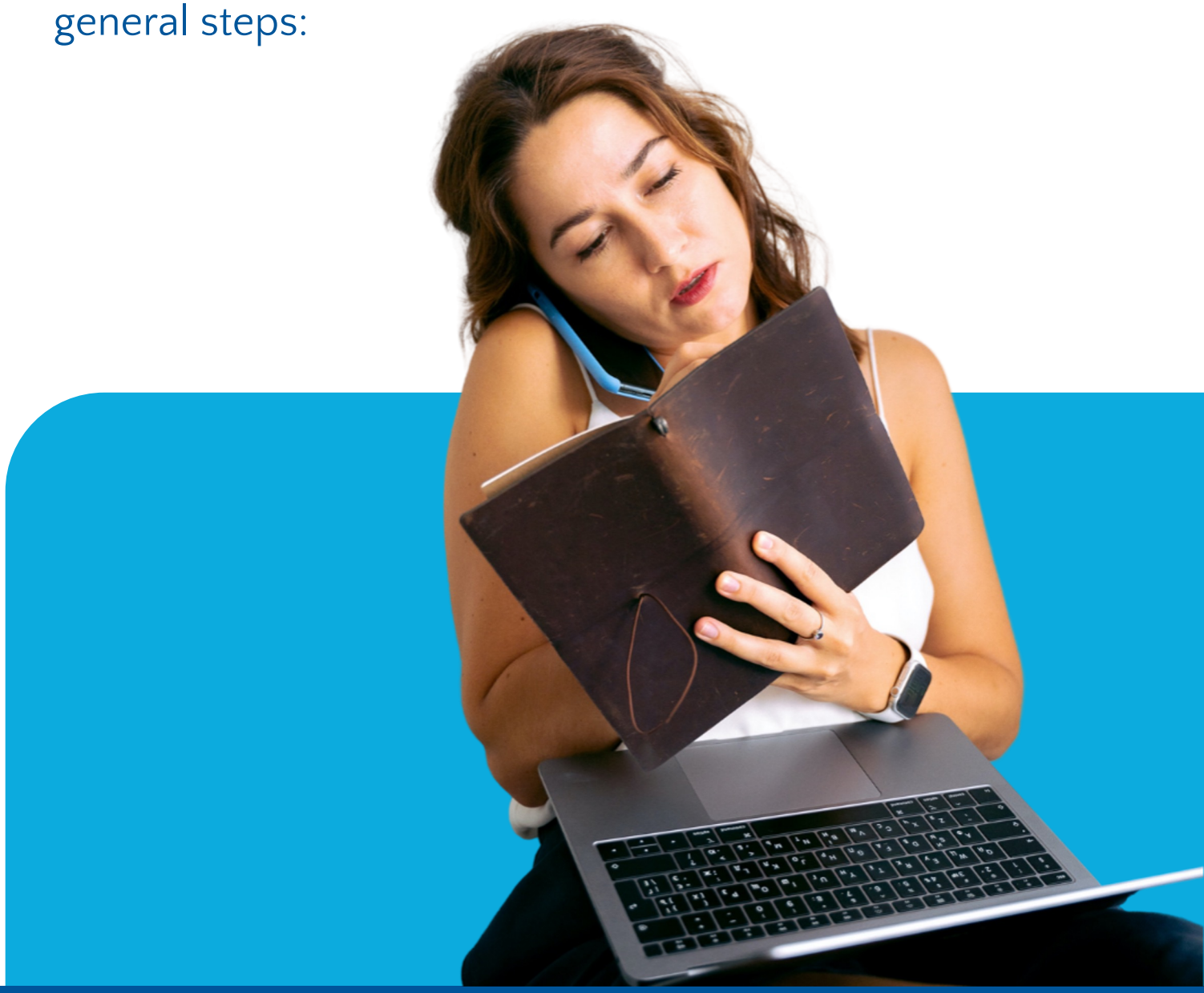
Stopping Burnout

High-Level Summary

- Burnout is caused by several factors (including organizational factors), so the research and related resources are quite varied.
- Almost all resources recommend work along the following general steps:



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General Steps

1. journal / identify the causes of burnout,
2. take steps to remove or reduce the negative sources,
3. identify the most meaningful elements of your life,
4. add those elements and boundaries in your life to build resilience (e.g., time with friends, volunteering, spiritual pursuits, working out, sleep, etc.).

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Quick Audio Resource Options (10 minutes or less)

- 4 Big Ideas to Avoid Burnout – 8 Minutes: https://bit.ly/3PeAiVe
- The Real Reason We're Tired & What to Do About It (i.e., How to Get Real Rest) – 9 Minutes: https://bit.ly/3JPyQr5
- 11 Tips to Avoid Burnout – 10 Minutes: https://bit.ly/3SGB8ga
- Burnout Symptoms & Strategies Overview –5 Minutes: https://bit.ly/3dk7aOX

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Audio Book Resource Options

I included a book summary along with the audio book in case you'd like to get a feel for the book before digging in.

- **Burnout: The Secret to Unlocking the Stress Cycle:** A feminist and research-based focus on how to identify and manage the stressors of life.
  - Audio Book: https://amzn.to/3dns8wd
- **Essentialism: The Disciplined Pursuit of Less:** Helps you identify the "vital few" from the "trivial many" and provides ideas for increasing focus on the vital, while eiminating focus on the many. Also touches on creating and maintaing boundaries that support your vital few.
  - Audio Book: https://amzn.to/3QE76YW
  - Book Summary: https://bit.ly/3AdhelI
- **The Lazy Genius Way:** Strategies to be a genius about things that matter and lazy about things that don't. Small steps to bring your life into alignment around the things that matter the most.
  - Audio Book: https://amzn.to/3zR41Oa
  - Book Summary: https://bit.ly/3PeAIuM

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