BURNOUT

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STEPS TO REDUCE STRESS BY TAKING CARE OF YOURSELF

• Exercise routinely

• Make spiritual connections that are consistent with your values

• Eat a healthful, balanced diet

• Include time for recreation

• Enjoy friends

• Meditate (practice mindfulness)
  • http://www.imcw.org/
  • http://www.plumvillage.org/
  • http://www.kipnotes.com/meditation.htm

• Eliminate tobacco

• Minimize or cut out alcohol and caffeine

• Practice relaxation techniques

• Stay in touch with your feelings

• Keep a journal

• Read for inspiration

• Laugh a lot

• Have your own MD

• Learn to say no