



BURNOUT

Text Button G

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