TIPS TO AVOID BURNOUT

01 SET BOUNDARIES & GOALS
Consider what you can handle mentally, physically, and emotionally. Write down your current commitments and what you want to accomplish in a given time frame. Decide if what you’ve written aligns with your boundaries.

02 PLAN AHEAD
Write down your long-term and short-term deadlines, so you can manage your time appropriately. Create a routine to stay ahead of major deadlines to align with your expectations.

03 MANAGE STRESS
Ensure you are staying within a healthy workload and know how to spot burnout and boreout. Understanding how your body responds to stress physically and emotionally will help you manage it better in the future.

04 SELF-CARE
Consider how you care for yourself and make a plan to stay on top of your stress. That may look like going for a walk, relaxing, or spending time with friends. Know what fuels you and remember to implement it.