

6 POWERFUL SELF-CARE IDEAS TO TREAT BURNOUT

1 Recharge Your Batteries

This is when you need to prioritize sleep just as much as you do with your busiest of tasks. If you aren't letting your body and brain fully recharge then the extra stress will build up and put undue pressure on your mental and physical health.

2 Do More of What Makes You Happy

Burn out can leave us feeling resentful, irritated and generally displeased with life. This usually comes along with ignoring things that make us joyful in favour of productivity. Now is the time to make space for your own happiness and prioritize it.

3 Practice Gratitude

Burn out can sometimes make us feel like a terrible person. As we fight against our fatigue we must gently remind ourselves of the good in our lives. Start a gratitude journal or monitor your inner monologue for negative thoughts and see how you can reword them into silver linings. It might feel ridiculous at first, but trust me.

4 Get Active

During a burnout, our nervous system is out of order and the old 'fight or flight' response becomes stress-activated. By engaging in regular exercise you help to rebalance your stress hormones and calm your nervous system.

5 Start Saying "No" More Often

During your burnout phase, you have to know that every "yes" that you say adds to your workload and stress, and, once again, it eliminates more time, enthusiasm, and creativity for yourself and your most basic needs. Setting solid boundaries for your time and energy is vital during burnout.

6 Create Time Just for Yourself Daily

Like recharging with sleep it's important to recharge with alone time. Holding this space (which can be as little as 5-10mins daily) helps to give you time to just think about yourself and your most basic needs. This should be an unwavering time that all your other obligations must fit around it.

STAY CONNECTED FOR MORE RESOURCES!