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**OVERCOMING BURNOUT:
LET'S TALK ABOUT IT.**

BY FRANKA BALY

Overcoming Burnout: Let's Talk About It

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In this handout I'm going to share some strategies for helping you overcome burnout in your life.

Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress. Though it's most often caused by problems at work, it can also appear in other areas of life, such as parenting, caretaking, or romantic relationships.

How you can put together your own happiness plan for overcoming burnout in your life.

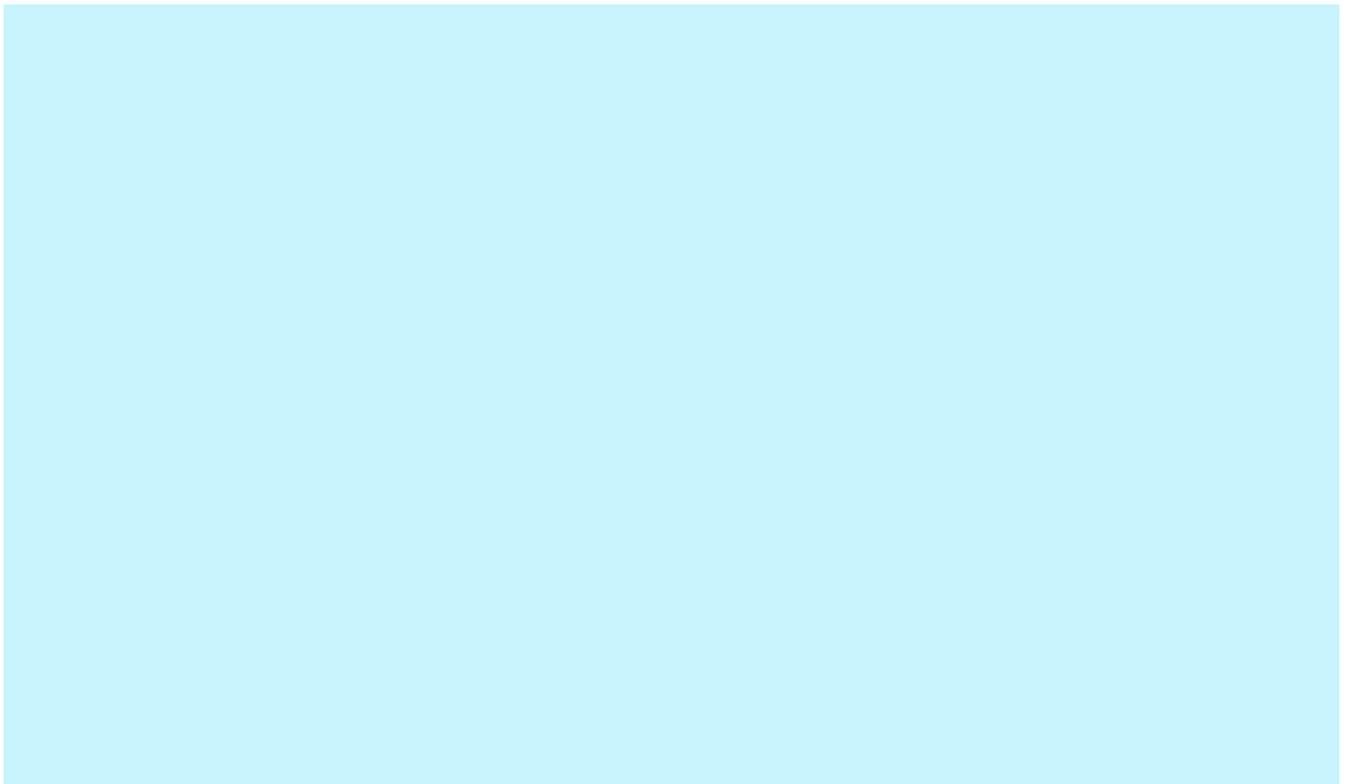
It can lead to many mental and physical health problems and may manifest in any of the ways mentioned below.

- feeling physically exhausted
- feeling mentally exhausted
- sleep issues
- headaches
- heartburn
- gastrointestinal problems
- a reliance on alcohol or drug (food) to cope
- you don't want anything to do with your business or your work
- you feel cynical, irritated or even angry about clients who contact you
- disinterested in anything related to the work you once loved

Strategies for helping with burnout:

- Take breaks during the workday.
- Put away your digital devices.
- Do something interesting.
- Take long weekends.
- Focus on meaning and being mindful.
- Setting clear boundaries between “work” and “life”—don’t check email during off-hours
- Take downtime.
- Practicing self-care and stress relievers.
- Watch what you eat - food is medicine and can impact your mood like other drugs.
- Practicing self-compassion.
- Focus on WHY your work matters to you.

What are some changes you need to make to create more balance in your life?



By when will you commit to making these changes? Specify a date.

