

The BURNOUT QUEENS

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BURNOUT > BALANCE > BLISS

Our Top 20 'Pearls of Wisdom' for Preventing Burnout

(In no particular order. The more you try, the more you change!)

- ◆ Change your circumstances.
- ◆ Drop the YES habit & begin to say NO!
- ◆ Take care of your body. Nurture your spirit.
- ◆ Treat yourself with the same gentleness you treat others.
- ◆ Laugh out loud.
- ◆ Keep a sense of humour about life.
- ◆ Stress happens, accept it. Don't always engage with it.
- ◆ Stop multi-tasking, now!
- ◆ Commit to your personal growth.
- ◆ Know, understand, and respect your values.
- ◆ Do not be ashamed to have wants.
- ◆ Embrace and celebrate your needs.
- ◆ Only take responsibility for what you are truly responsible for.
- ◆ Understand that 'balance' doesn't mean juggling the stuff of your life.
- ◆ Let go of having answers and cherish the questions.

- ◆ Replenish your energy daily.
- ◆ Get comfortable with quietness.
- ◆ Lose perfectionism.
- ◆ Be truthful with yourself.
- ◆ Put yourself Front & Centre



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