



Preventing Practitioner

Burnout

As the new school year ramps up, ensure you are keeping a healthy mindset around your work-life balance. Below are helpful strategies to fight off burnout and empower your well-being:

Visualize your day. Set aside some time in the morning to visualize your day and how you would like it to go. Taking this time may allow you to have a plan and sense of peace over the day.

Focus on what you can control. In and out of work, many things are beyond our control. Focusing on what you can control keeps you in the now and can alleviate some potential stress.

Delegate what you can. To-do lists can be never-ending. Delegating tasks where you can allows you to focus on the tasks you must do.

Stay current with your field. Feeling as though you're constantly behind trends and initiatives and wear on you. Taking time to stay current with the research in your field and promising initiatives on the horizon means less time catching up when you're under the stress of a timeline.

Exercise good boundaries. Your time is valuable. Only commit to projects and tasks that are a good fit for your interests, passion, and current schedule.

Take time. Use the leave time you're entitled to. Well-rested individuals perform better. Vacation time exists for a reason, and taking the time to care for your cognitive, emotional, and physical well-being is essential.