

Feeling overwhelmed?

Simple steps to take when you're approaching burnout



Pay attention to your body

Notice when you start feeling tired, stressed, or overwhelmed.



Take breaks

Give yourself time to rest, even if it's just a few minutes throughout the day.



Set boundaries

Protect your energy by saying "no" to extra tasks that leave you feeling overworked.



Think about what matters

Focus on the things that are most important to you, and let those values guide your actions.



Get support

Use resources like the "Science of Burnout" exercise in the Headspace app to help manage stress.



Get started with Headspace for more resources:
compassgroup.bswift.com and click "Headspace" on the homepage.

