Head Off Burnout

- Ask for help or delegate.
- Know when to walk away.
- Take time off.
- Get enough sleep.
- Realize when you are overcommitted and then let go of the nonessential.

SAMPLE

SPINNING
Out of Control?

Face it: Everyone has limits – even you. Burnout doesn't happen overnight, but it's difficult to fight once you're in the middle of it. That's why it's so important to recognize the early signs: irritability, stress, frustration, hopelessness and a general numbness to life. Stop the spinning and fight burnout by taking time out for yourself, delegating to others and knowing when to walk away.