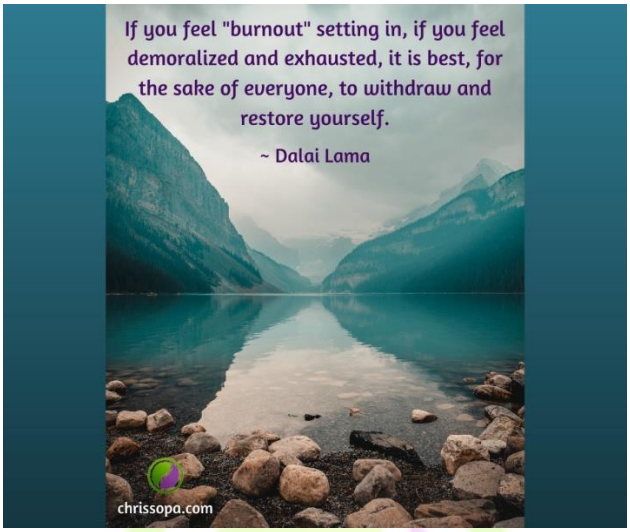
Burnout Buster Reminders



- Know your needs – physical, social, mental, emotional, spiritual.
- Be aware of how you behave when your needs are not met – learn to catch these in the moment so you can fill your needs.
- Become more aware of how others respond to you – this gives you a clue about your own behaviors and how they come across to others.
- Remember that perception is reality and we all live in different "realities" – give others (and yourself) grace.
- Know when you lose power and what you need to do to regain your power and center.
- When in situations that cause you to feel overwhelmed or worried, ask yourself "what is in my control?" Focus on those things ONLY.
- Use the "one feeling" you identified as a guide to make decisions.
- Know your top 3 priorities at all times – revisit these often because they will change.
- Use the reframing technique (What would I rather…think, feel, do?) when you find yourself caught in a thought cycle you cannot get out of and you want to reframe.
- Keep reminders of your "why" around you at all times (pictures, quotes, etc.).
- Remember to breathe! Breathing always brings us back to our center.
- Go out in nature – nature is an automatic balancer of energy.
- Take one day at a time.
- Stay in the present moment – try not to past or future think.
- Know nothing is written in stone – you can make a different choice, no matter how hard it may seem, anytime.
- Trust the process of life – somethings what we perceive as "bad" things happen FOR us, not TO us.
- Be kind and nurturing to yourself. Self-care is NOT being selfish!