

BURNOUT RECOVERY GUIDE



Strategies to Help Manage
and Overcome Burnout

SIGNS OF BURNOUT

- HEADACHES
- REDUCED PERFORMANCE
- IRRITABILITY
- LOSS OF MOTIVATION
- DETACHMENT
- EMOTIONAL EXHAUSTION

TIPS FOR RECOVERY

- PRIORITIZE SELF-CARE
- REACH OUT FOR SUPPORT
- TAKE BREAKS & TIME OFF
- EVALUATE YOUR COMMITMENTS
- SET HEALTHY BOUNDARIES

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