

10 Tools To Tackle Burnout And Achieve Balance

6i fbc i h]g'Wca a cb'Ua cb[j YhYf]bUfmdfcZYgg]cbU'g'k]h'gca Y'ghi X]Yg
fYj YU]b['Vi fbc i h'gma dhca g]b'a cfY'h\Ub'\U'ZcZh\cgY'gi fj YmYX"K \]Y
Vi fbc i h'WUb'ZY'XYV]']h]b['UbX'gYYa 'bYj Yf!YbX]b[žh\YfY'UFY'hcc'g'UbX
ghfUHY[]Yg'h\Uh'WUb'\Y'd'k]h'fYW'j YfmUbX'dfYj Ybh]cb"<YfY'UFY'%'\$
dfUW]W'k Umg'hc'\Y'd'a]h[UHY'Vi fbc i h'UbX'Vf]b['mci f''ZY'VUW_]bhc
VU'UbWY"

6i fbc i h]g'U'Wca d'Yl'gmbXfca Y'k]h
a UbmX]ZYfYbhi bXYf'm]b['Wli gYg": YY']b['cj Yfk \Y'a YX'Vmh\Y'k cf_cUXž
bch'\Uj]b['W'bf'c''cj Yf'k cf_žYl dYf]YbW]b['k cf_'!']ZY'W'bz]WžZY']b[
i bUddfYW]UHYX'cf'i bgi ddcfhYXžUbX'YbXi f]b['k cf_'d'UW'hcI]W'mWUb'U''
YUX'hc'Vi fbc i h''H\Y'a cgh'Wca a cb'g]']bgi'UbX'gma dhca g'cZVi fbc i h
U'Y'cb[]g'ZYV]']bUfmdfcZYgg]cbU'g'k]h'gca Y'ghi X]Yg fYj YU]b['Vi fbc i h'gma dhca g]b'a cfY'h\Ub'\U'ZcZh\cgY'gi fj YmYX"K \]Y
U'Y'cb[]g'ZYV]']bUfmdfcZYgg]cbU'g'k]h'gca Y'ghi X]Yg fYj YU]b['Vi fbc i h'gma dhca g]b'a cfY'h\Ub'\U'ZcZh\cgY'gi fj YmYX"K \]Y
ZUW'h\Y'XYa UbXg'cZh\Y'cVžXYj Y'cd]b['U'Wm]W'XYHUXa Ybh'Zca
dUh]Ybhg'UbX'W]YbhgžUbX'ZY'']b[']bYZYW]j Y'U'ik cf_'cf'bc''cb[Yf'UV'Y'hc
W'bf]Vi h'Y'hc'k cf_']b'U'a YUb]b[Ž'k Um'

; Yh]b['h\Y'fYWca a YbXYX'+!- '\ci fg'cZXU]mg'YYd
h\U'ha cgh'UXi 'hg'fYeI]fY'jg'Wi WU'Zc'f'a U]bhU]b]b['a YbhU'\YU'h\UbX
k Y''VY]b["'bX]j]Xi U'g'k \c'UFY'g'YYd'XYdf]j YX'k]'']bYj]hUV'mZY'Y'a cfY
]ff]hUV'YžUbl]ci gžUbX'XYd'YHYX"'GYh'Ub'U'Ufa 'Zcf'%'ci f'VYZcFY'VYXhja Yž
h'W]h'jfb'g'ZYV]']bUfmdfcZYgg]cbU'g'k]h'gca Y'ghi X]Yg fYj YU]b['Vi fbc i h'gma dhca g]b'a cfY'h\Ub'\U'ZcZh\cgY'gi fj YmYX"K \]Y
fY]"ž'zA dXi ']'žj č'š"đ !Ñ



