



# 10 Tips to Avoid Burn Out



## THINK POSITIVE!

Looking on the bright side of any situation will help you remain positive and less stressed.



## ASK FOR HELP

Scheduling a few hours to take a break every now and then is a good idea. Ask for help in covering your duties. Take time for yourself.



## BE ASSERTIVE: SAY “NO”

Say no if you can't do it. Don't fall into the trap of always saying "yes" to everything and getting overwhelmed. This is very common.



## TALK TO SOMEONE

Talking to a friend, counsellor, doctor, or even the care recipient when feeling stressed is better than keeping it all inside.



## BE SELF-AWARE

What is causing your stress? Is it physical? Mental? Emotional? Knowing the trigger can help you find the solution.



## HEALTHY NUTRITION

Re-fuel your body with healthy foods to avoid over-eating, stress eating, and weight gain.



## EXERCISE — BE ACTIVE

Taking care of your physical health is important to avoid burning out. Take time to take care of you.



## TAKE TIME TO RELAX

Find time to do something you enjoy and helps you unwind. Some examples include listening to music, getting a massage, meditating, doing yoga, or spending time with friends.



## TIME MANAGEMENT

Identify what your priority is at the moment and deal with the less important things later.



## ACCEPTANCE

Accept the things you can't change or do. Sometimes we have unrealistic expectations of ourselves. Accept things that are beyond your control and understand that there will be both good days and bad days.