

Building a Resilience Plan to Combat Burnout

Burnout happens when stress becomes too intense and too chronic. Avoiding burnout means managing your stress by developing a resilience plan. Here are some things a resilience plan can include:

THREE GOOD THINGS

Every day, write down three good things that happened to you that day. Commit to doing it for 30 days, and commit to not repeating yourself.



THE FREE THREE

Every day:

- 1** Go outside for at least 15 minutes.
- 2** Find something that really makes you laugh.
- 3** Listen to music.



P.E.R.M.A.

- Pleasure: Have fun
- Engagement: Enjoy hobbies
- Relationships: Quality, not quantity
- Meaning: Find meaning in life
- Achievement: Be around people who pump you up



TALK TO SOMEONE

Tell people you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

