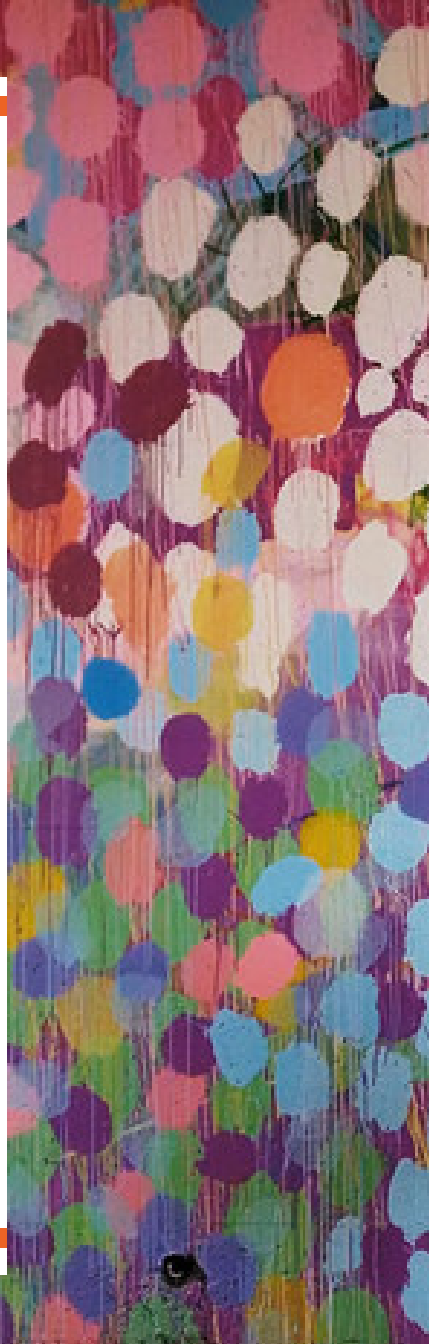


YEAR OF VALUES

STAY HUNGRY

PROVOCATION NO. 6



Almost everything

will work again if you
unplug it for a few
minutes...
including you

- Anne Lamott -

In our pursuit of staying hungry, sometimes burnout can occur. This happens if we don't regularly take the time to rest and reflect.



Serious burnout can cause a wide range
of symptoms including

Chronic fatigue

Insomnia

Forgetfulness

Headaches or chest pain

Increased illness

Loss of appetite

Cynicism

Increased irritability

Loss of interest in activities

Don't worry; there is help!

By following a few simple suggestions,
you can beat burnout and get back on
the path of Staying Hungry!

1. Make time for what you enjoy.

Scheduling time for things you like to do can help with burnout. Putting them on your calendar or daily planner will help you to set aside time.

2. Try something new.

We often find ourselves in the same old routine. Switching things up with a new activity such as a craft or cooking class can help avoid burnout.

3. Focus on smaller goals.

Large goals can be overwhelming, so setting smaller ones that help you reach the big one can help. (The KR's help you reach the O!)

4. *Connect with your support system.*

Spending meaningful time with your family and friends can ease stress and refocus your mind.

5. *Take breaks*

Find small breaks throughout your day, like taking a walk or having lunch away from your desk.

Use weekends and days off to disconnect from work completely.

Use your PTO!