



The Burnout Solution

YOUR Self-Care Plan

This section is yours to write.

I hope that in reading The Burnout Solution you have gained a better understanding of burnout, and that if you are feeling close to, or deeply entrenched in it, you can use some of the tools in this book to help kick start your recovery and put in place a plan to ensure that it doesn't happen again.

Admitting you are suffering from burnout is not easy – even the thought of saying it may make you feel more stressed.

Having a self-care plan in place work, what's yours?

Today I am going to ...

Remember, burnout is not about not being able to cope with life, it's about learning the tools to be able to manage it