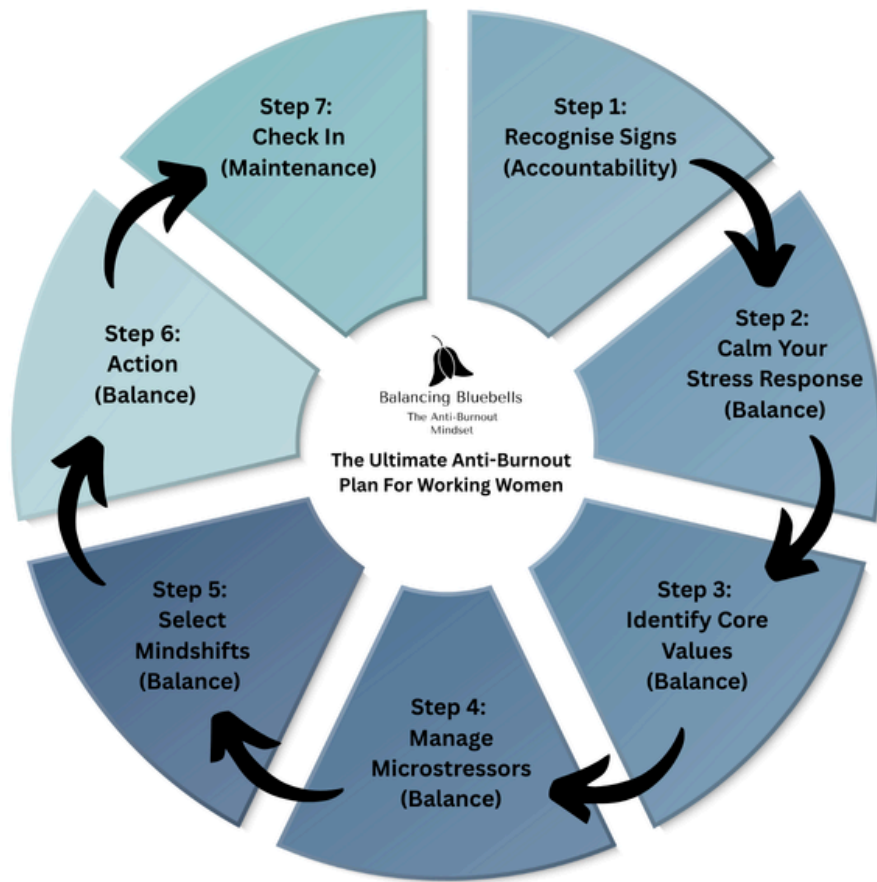




The Ultimate Anti-Burnout Plan For Working Women



Accountability	Step 1: Recognise The Signs of Burnout	Notice the <u>warning signs</u> and consider what <u>stage of burnout</u> you may be at. Be honest with yourself and commit to making a change.
Balance	Step 2: Calm Your Stress Response	Reduce your cortisol levels through <u>focussing on the basics</u> - sleep, nutrition and movement.
	Step 3: Reconnect With Your Core Values	Take time to reflect on what you value most. Once you know your <u>core values</u> you can use them to guide your decisions and actions.
	Step 4: Manage Your Microstressors	Identify your <u>internal and external microstressors</u> . Find ways to delete, delegate, delay or manage.
	Step 5: Choose Your Key Mindset Shifts	Identify where you need to shift your mindset. Are you making decisions based on fear, guilt or <u>people pleasing</u> ?
	Step 6: Turn Your Plan Into Action	Choose one or two small, realistic actions and put them into practice.
Maintenance	Step 7: Check In and Adjust Regularly	Recovery is not a one-time fix. Set up gentle <u>check-ins</u> to track how you're feeling, celebrate progress, and adjust when life changes.