

HOW TO PREVENT AND/OR COPE WITH BURN OUT:

Get an adequate amount of sleep

Eat a healthy/ balanced diet

Exercise

Prioritize and re-evaluate your goals

Be aware of your potential for burn out and pay attention to your personal warning signs

Don't isolate yourself. Seek support from family, friends, co-workers, counseling services, etc.

Set healthy limits and boundaries- learn to say "no" to commitments that you don't have to take on

Learn how and put to use stress management skills

Set time aside for yourself- this does not make you selfish!

Don't forget to have fun!!

Sources:

Caregiver burnout. Retrieved August 3, 2005, from the Family Care Research Program Website:<http://www.healthteam.msu.edu/fcrp/patientscaregivers/issues/caregiverburnout>

Avoiding burn-out. Retrieved August 3, 2005, from Mind Tools Book Store Website:
<http://www.psychwww.com/mtsite/smburnt.html>