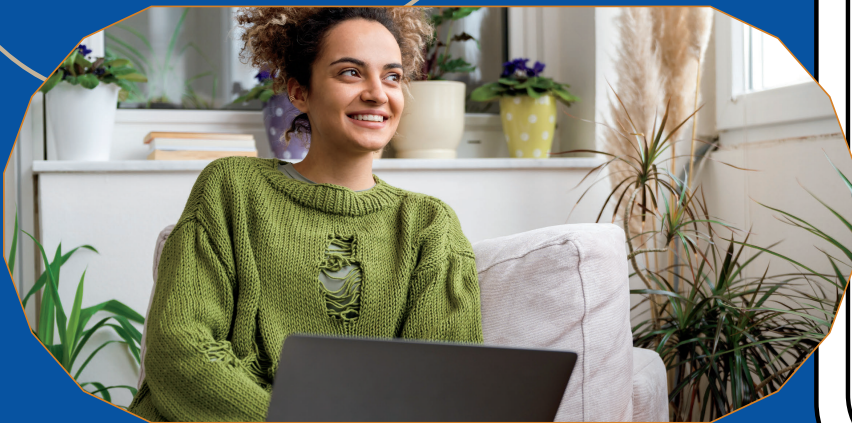


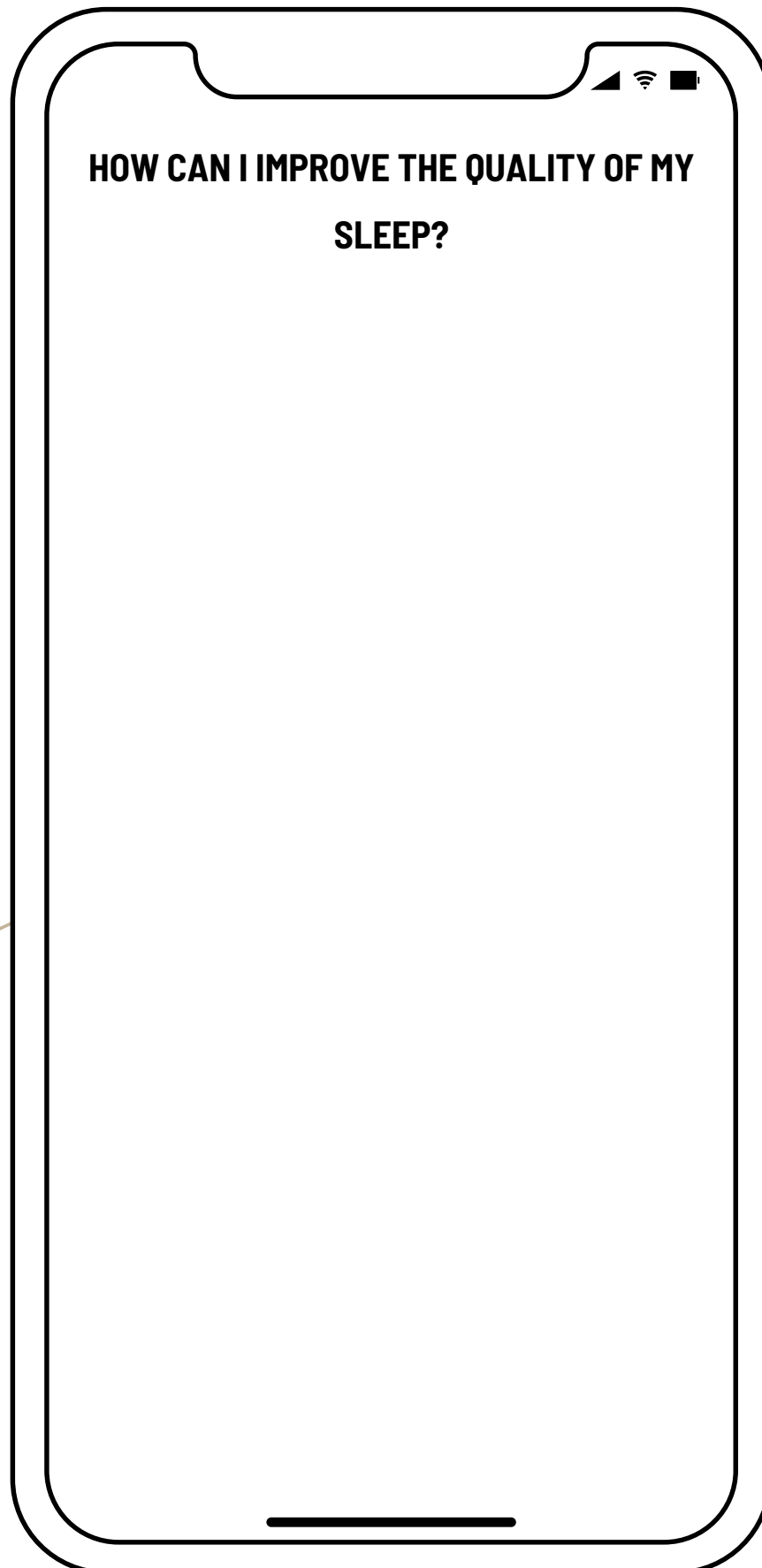
7 SELF-CARE TIPS TO PREVENT BURNOUT



1. Quality sleep.
2. Meditation.
3. Learn to say no.
4. Unplug.
5. Set healthy boundaries.
6. Practice positive self-talk.
7. Practice deep breathing.

MY BURNOUT PREVENTION PLAN

TIP # 1: QUALITY OF SLEEP



TIP # 2: MEDITATION



HOW CAN I INCLUDE MEDITATION IN MY
DAILY ROUTINE?

TIP # 3: LEARN TO SAY NO



HOW LEARNING TO SAY "NO" CAN
POSITIVELY IMPACT MY LIFE?

TIP # 4: UNPLUG



HOW UNPLUGGING CAN POSITIVELY
IMPACT MY LIFE?

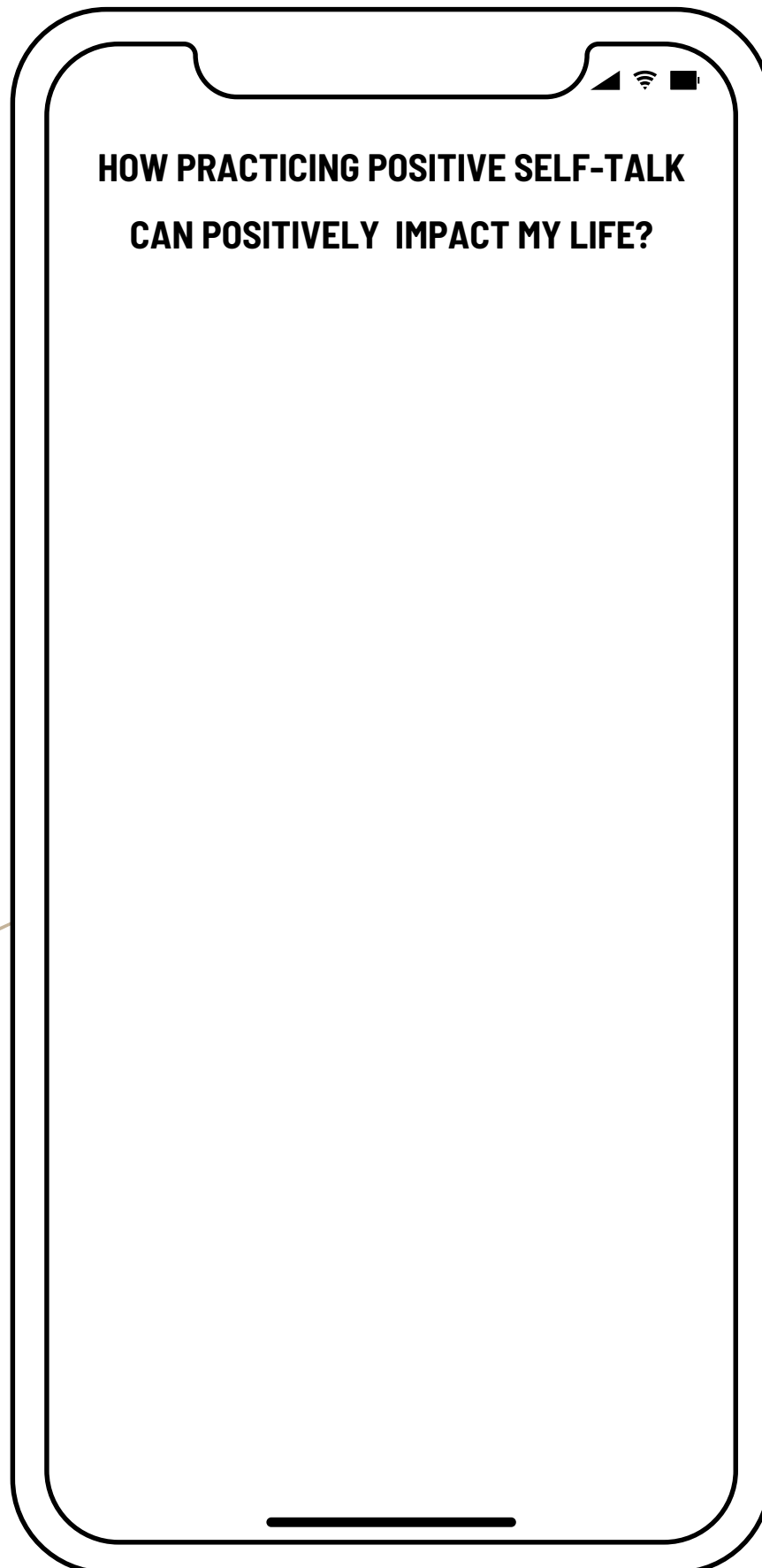
The image features a central smartphone outline. The screen displays the text 'HOW UNPLUGGING CAN POSITIVELY IMPACT MY LIFE?'. At the top right of the screen, there are icons for signal strength, Wi-Fi, and battery. At the bottom, there is a home indicator bar. Two decorative arrows, one on the left and one on the right, curve around the phone. Each arrow starts from the phone's edge and points towards a four-pointed starburst shape.

TIP # 5: SETTING BOUNDARIES



HOW SETTING HEALTHY BOUNDARIES
CAN POSITIVELY IMPACT MY LIFE?

TIP # 6: PRACTICE POSITIVE SELF-TALK



**HOW PRACTICING POSITIVE SELF-TALK
CAN POSITIVELY IMPACT MY LIFE?**

TIP # 7: PRACTICE DEEP BREATHING



HOW PRACTICING DEEP BREATHING CAN
POSITIVELY IMPACT MY LIFE?



