

# Prevent burnout

You can get burnout from work or anything that takes more energy than you can give. Burnout is not a one-time event. It builds up over time.

To prevent burnout:

- Reduce long work hours, if you can.
- Delegate tasks at work and at home to lessen your load.
- Take regular 5-10 minute relaxation breaks during the day.
- Do regular physical activity.
- Eat healthy foods at regular times.
- Get enough sleep.

Discuss, with your family, friends, and coworkers, problems you are having. Talking helps to ease feelings of frustration that feed burnout.

Yes 

Plan one or more vacations during the year.

No 

Don't work on your vacation.

