



8 TIPS TO PREVENT AND OVERCOME BURNOUT



VALUES

Know what is important to you. Discover and reflect on your core values. Get clarity on what matters the most to you with this FREE assessment. mindfulcio.coach/core-values/



ASSERTIVENESS

Learn ways to say "No" professionally and gracefully without compromising working relationships. You will earn respect and gain trust from your leaders and colleagues. Find the right balance between stretching yourself and honouring your mental, physical and emotional limits.



HEALTHY BOUNDARIES

If you are a "Yes woman" or a "Yes man" remember whenever you say "Yes" to extra work beyond your bandwidth, you are potentially saying "No" to yourself or loved ones. We all get the same 24 hours a day. It's your decision how to use that precious time. Be wise.



MINDFULNESS

Download the FREE app Insight Timer and invest 10 minutes a day in practicing mindfulness. Just do it! In as little as 4 weeks, you and those around you will start seeing positive changes in your behaviour, mood and energy levels.

TIP #1

TIP #2

TIP #3

TIP #4

The Mindful CIO
Executive Coaching

TIP #5

TIP #6

TIP #7

TIP #8

Keen to learn more?

BOOK A CONSULTATION CALL TODAY!

mindfulcio.coach



SUPPORT NETWORK

Get support. Let your partner or best friend know what's happening in your inner world. If you aren't comfortable to do so, then speak to a professional. Seeking support from your GP, a counsellor or a coach is nothing to be ashamed of. Asking for help is a sign of strength and has a significant positive effect on your well-being.



MOVEMENT

Get your body moving. When you exercise, your body releases neurochemicals such as dopamine and endorphin, the natural feel-good drugs. Yoga, taichi and qigong are great options. However, anything that gets you moving, out of your head and into your body will do the job. Your body will love you for it and you'll reap the benefits quickly.



GOOD FOOD & WATER

You've heard this many times. Still, the basics of food and water are often overlooked when we're stressed and make silly choices. You are what you eat (and drink) so invest in high quality food. Eat fresh, seasonal and local whenever possible. Avoid tap water, get a filter to eliminate fluoride and chlorine. Your liver will thank you.



SLEEP

A good night of sleep is the best strategy to reset and recharge your body and mind. Establish a sleep hygiene routine to get the most rest out of your sleep. Commit to 7+ hours of sleep a night. Avoid screens and stimulating activities 1 hour prior to bed. Catch the melatonin wave by going to bed when you start to feel drowsy.