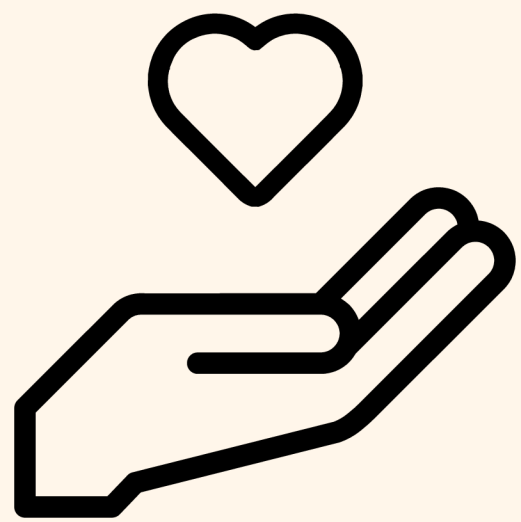


5 5 to Thrive: Daily Detox for Sustainable Wellbeing

1 Prevention

Considering self-care and boundaries, how do you plan to assess yourself?



4 SOURCES OF SUPPORT

Who can you go to for emotional, informational, or instrumental support?



2 YOUR SIGNS OF BURNOUT

Please list your social, emotional, cognitive, and behavioral signs.

5 THREE S.M.A.R.T GOALS

Use this method for setting clear, actionable, and achievable objectives by ensuring they are Specific, Measurable, Achievable, Relevant, and Time-bound

3 COPING STRATEGIES

What can you do if you start feeling the effects of burnout?

