

# AVOID BURNING OUT

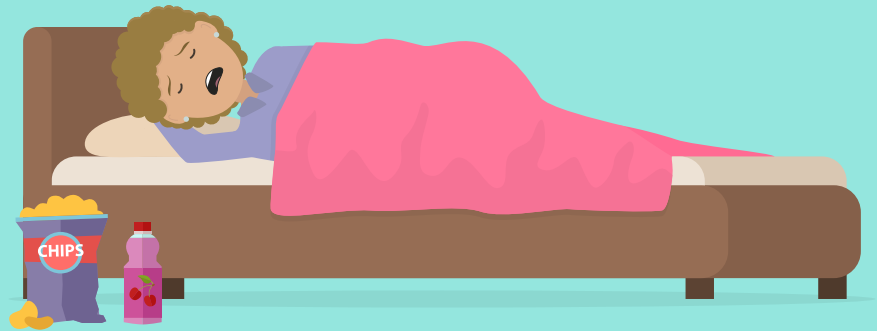


Ever struggle to get through the week without feeling you're drowning in tasks and responsibilities?

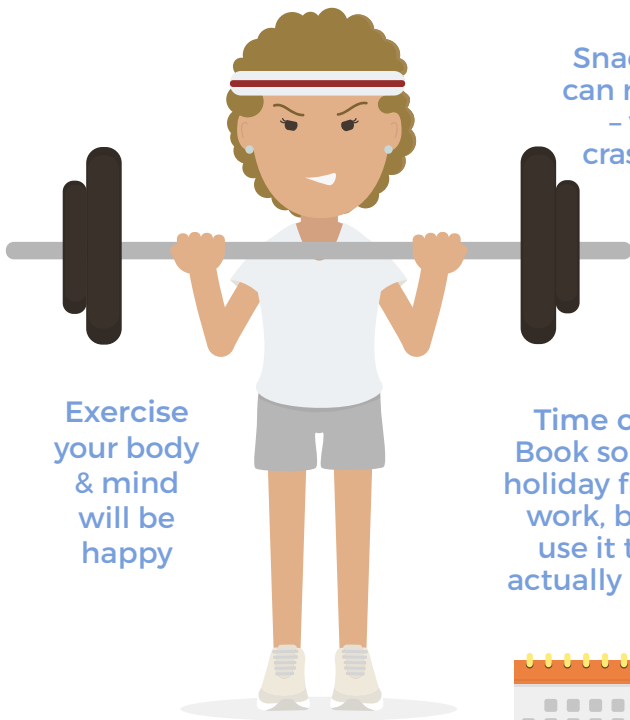
Do you just want to curl up in bed, eat a load of junk food, and ignore everyone and everything?

Uh-oh. You're burning out.

But don't worry - it can happen to any of us. And it does.



## HERE'S OUR FOOL-PROOF LIST OF TIPS FOR AVOIDING A BIG, TIRING BURN-OUT:



Exercise your body & mind will be happy

**Graze**  
Snacking during the day can reduce sugar cravings - which stops sugar crashes that tire you out



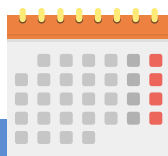
**Sleep**  
Understand how important sleep is: aim for 7-8 hours



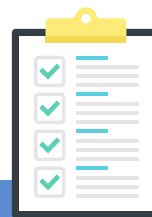
**Take breaks**  
Take small breaks during your day



**Time off**  
Book some holiday from work, but use it to actually rest



**Coordinate**  
Make lists. Writing down & ticking off your jobs will give you a sense of control



**Switch off**  
In the evenings, step back from technology. This will allow you to properly wind down



**NOW GET OUT THERE & START TAKING CARE OF YOURSELF!**

