

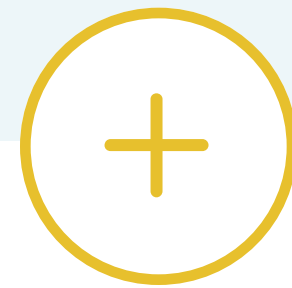
Burnout Recovery, Part 2

Continue your recovery by committing to doing one item a week, for the next 8 weeks

8 COMMITMENTS FOR 8 WEEKS



1. Take 3+ days off in the next month, to fully unplug from work



2. Try a new fitness routine (yoga, cardio, at-home workouts, etc.)



3. Redesign your job to better align your skill set + work you find rewarding



4. Spend a full day in nature (mountains, oceans, forests, even a city park)



5. Disrupt your environment: travel out of town (car, train, or plane)



6. Work with a therapist or coach to understand what influenced your burnout



7. Try a new, non-work hobby/pursuit that is very different from your work



8. Reach out and try reconnect with someone who means a lot to you

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