

## Have a Burnout Prevention Plan

You can experience burnout even if you love your job. Your initial enthusiasm, energy, and accomplishments can obscure your awareness of being overworked, resource limitations, lack of control of your schedule, and the negative consequences of neglecting work-life balance. Eventually, enthusiasm and interest wane, excitement diminishes, and job strain begins with associated physical, mental, and emotional effects. Without intervention, you risk a spiraling of increased symptoms of exhaustion, cynicism, and diminished effectiveness. Design strategies for renewal and work-life balance and consider a plan to spot symptoms early so you can intervene in order to halt “burnout creep.”

## Keep Safety in Your Summer