

HOW TO PREVENT AND/OR COPE WITH BURN OUT:

- Get an adequate amount of sleep
- Eat a healthy/ balanced diet
- Exercise
- Prioritize and re-evaluate your goals
- Be aware of your potential for burn out and pay attention to your personal warning signs
- Don't isolate yourself. Seek support from family, friends, co-workers, counseling services, etc.
- Set healthy limits and boundaries- learn to say "no" to commitments that you don't have to take on
- Learn how and put to use stress management skills
- Set time aside for yourself- this does not make you selfish!
- Don't forget to have fun!!

Sources:

Caregiver burnout. Retrieved August 3, 2005, from the Family Care Research Program Website:<http://www.healthteam.msu.edu/fcrp/patientscaregivers/issues/caregiverburnout>

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<http://www.psychwww.com/mtsite/smburnt.html>