

PREVENTING BURNOUT

WHAT THE INDIVIDUAL CAN DO?

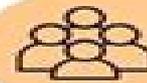
5 STEPS TO PREVENT BURNOUT



SELF-AWARENESS
DETECT SIGNS OF BURNOUT



SELF-CARE
MAKE TIME FOR YOURSELF



SOCIAL SUPPORT
ACCEPT HELP FROM OTHERS



BUILD RESILIENCE
LEARN HOW TO STEER YOUR ENERGY



HEALTHY BEHAVIOURS
TAKE PART IN REGULAR EXERCISE,
EAT & SLEEP WELL

Balint Method As A Way To Prevent Burnout Syndrome In

Minjie Lin



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