

39 LIFE HACKS

◀ TO COMBAT BURNOUT ▶



MITIGATE BURNOUT, ALLEVIATE ALWAYS-ON PRESSURE, AND GET IT DONE WITH THESE EASY-TO-DEPLOY LIFE HACKS

Work is busy. You are feeling some of the effects of burnout and seek relief. You want to thrive, rather than simply survive. You've searched for help for how to alleviate or prevent the feeling of exhaustion and stress, but the amount of resources—articles, newsletters, books, podcasts—are so numerous, it's overwhelming.

The amount of time to read through it all to figure out what would work for you only adds to the pressure. It would be helpful if there was one resource that would share the most effective tips and how to consistently incorporate them into your day-to-day routine.

The 39 Life Hacks to Combat Burnout is the source. During this 90-minute program, you will:

- Incorporate stress-reducing rituals and boundaries to your everyday life
- Gain tips to better manage technology so it stops controlling you
- Learn ways to decrease always-on pressure
- Find out how to be more productive during your workday
- Understand how R&R can actually improve your performance
- Pick up tactics to improve your sleeping, eating and exercise habits

When you have the right tools, you bring your best self to work. These hacks will help you mitigate burnout, alleviate always-on pressure, and thrive as you achieve consistent results.

