

# Did You Know?

there are ways to manage stress/burnout:

**Start the day with a relaxing ritual.** Rather than jumping out of bed as soon as you wake up, spend at least fifteen minutes meditating, writing in your journal, doing gentle stretches, or reading something that inspires you.

**Adopt healthy eating, exercising, and sleeping habits.** When you eat right, engage in regular physical activity, and get plenty of rest, so that you have the energy and resilience to deal with life's hassles and demands.

**Set boundaries.** Don't overextend yourself. Learn how to say "no" to requests on your time. If you find this difficult, remind yourself that saying "no" allows you to say "yes" to the things that you truly want to do.

If you would like more information regarding staff burnout, please review the link below:

[KEAP](#)

"Did You Know?" is brought to you weekly from the Coordinating Services for Children Workgroup. If you would like more information, please contact the Directors Office-Staff Support by calling (502)-564-6852.

