

Did You Know?

there are ways to manage stress/burnout:

Take a daily break from technology. Set a time each day when you completely disconnect. Put away your laptop, turn off your phone, and stop checking email.

Nourish your creative side. Creativity is a powerful antidote to burnout. Try something new, start a fun project, or resume a favorite hobby. Choose activities that have nothing to do with work.

Learn how to manage stress. When you're on the road to burnout, you may feel helpless. But you have a lot more control over stress than you may think. Learning how to manage stress can help you regain your balance.

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.

