


7 SELF CARE HABITS TO PREVENT BURNOUT

With Coach Carmel Liertz



7 Self Care Habits assist to prevent Burnout

- 1) Recognise your Stress Signs & attend to these
- 2) Learn to say 'No' when feeling on overload
- 3) Practise stopping Negative Thoughts with Positive Self Talk & Affirmations – day and night

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- 4) Eat regularly at work – to balance blood sugars (healthy snacks and filtered water)
 - 5) Create recovery time after performance or presentation events – preferably in nature
 - 6) Polish your Self Belief for Personal Self Worth – to prevent Performance-based Self Worth

7) Create a set of healthy lifestyle strategies to support you – to prevent Stress Buildup which can lead to Burnout.

Needing advice to make this change personalized?

Reach out for a free conversation and see if my Coaching Session could give you faster results.

Book your free talk at info@performanceconfidence.com