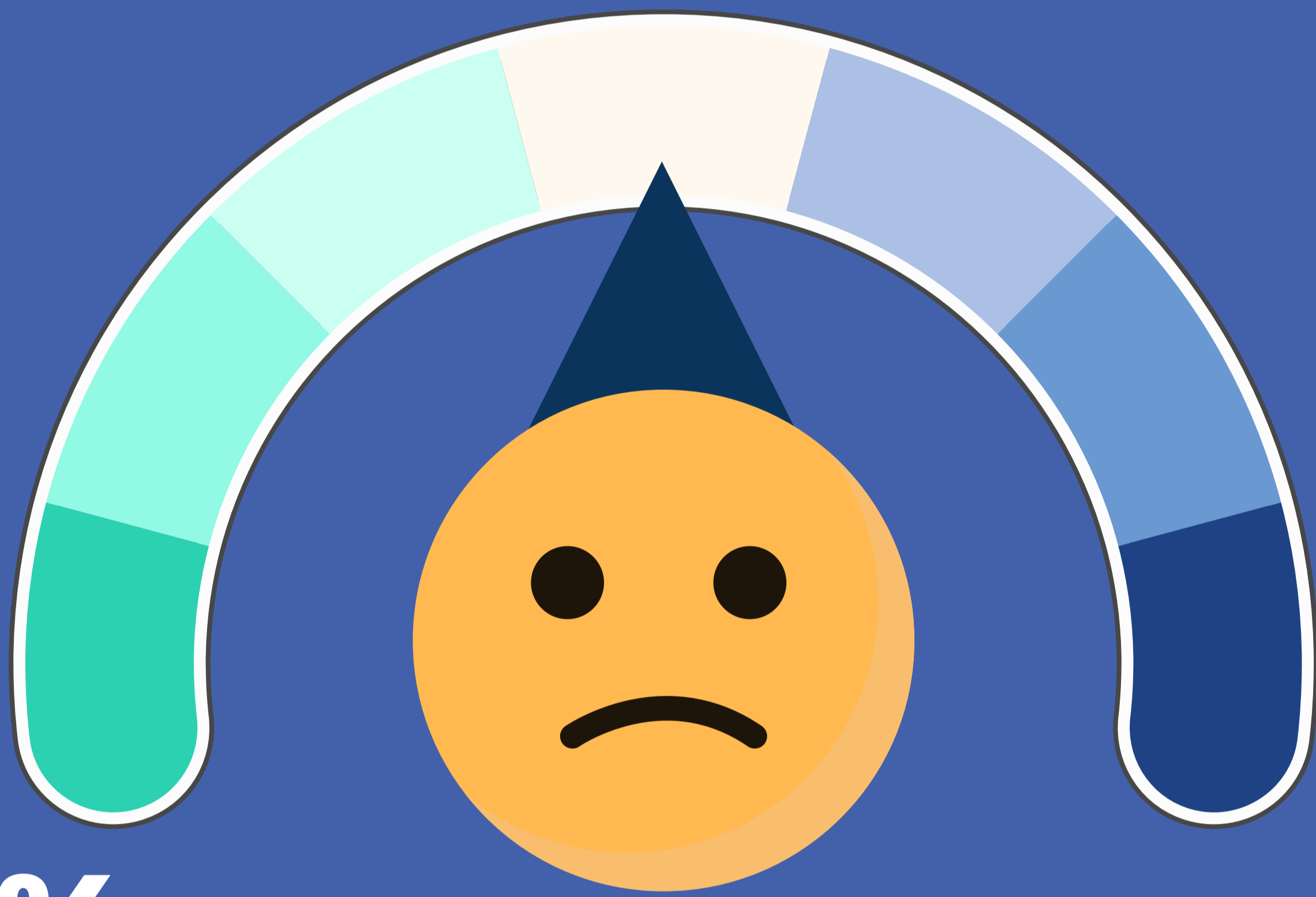




# Avoiding BURNOUT

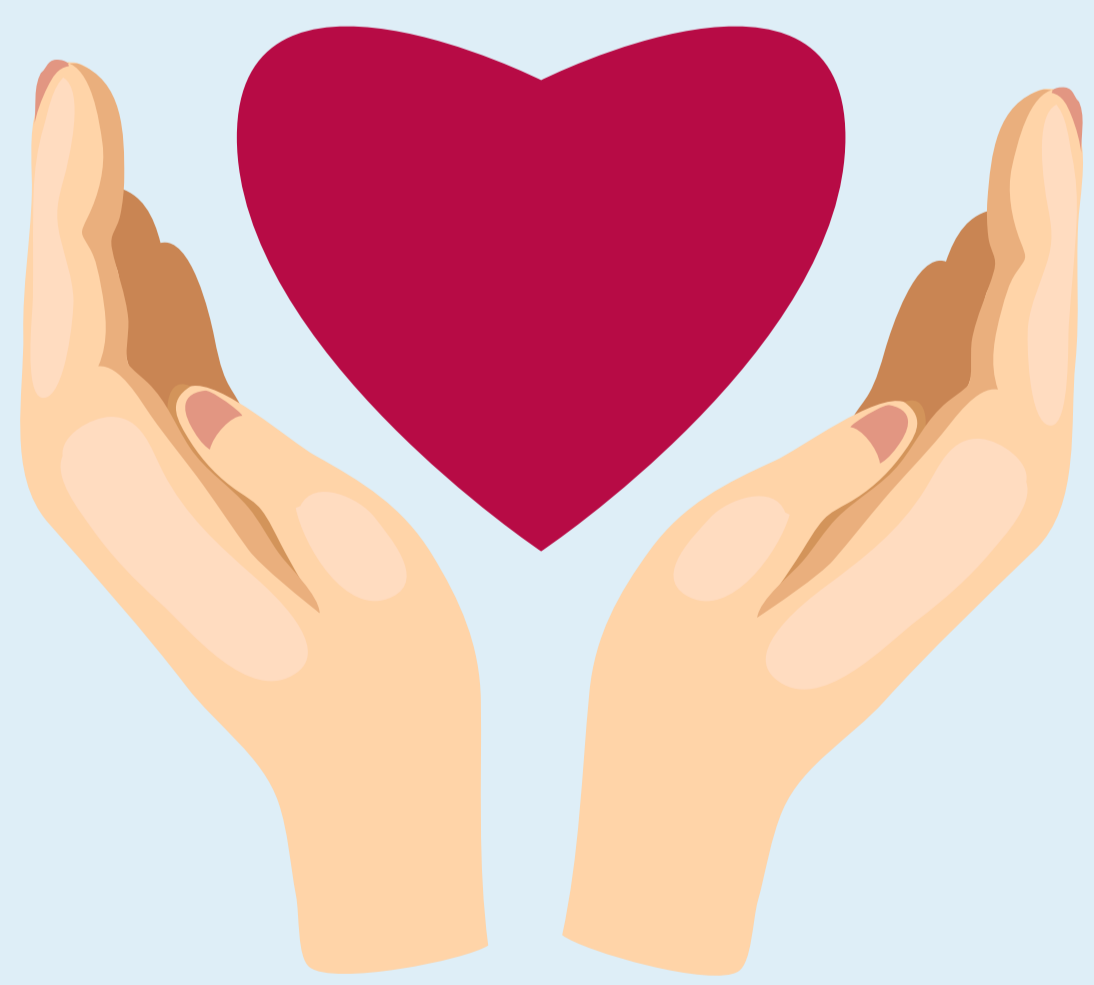
Burnout was officially recognized by the World Health Organization as an occupational phenomenon in 2019.



**52%** of people surveyed by Indeed reported suffering from burnout. Indeed Employee Burnout Report: **COVID-19's Impact and 3 Strategies to Curb It.**



Insufficient sleep is a predictor for clinical burnout, making rest essential. **National Library of Medicine**



Practising kindness is one of the most effective ways to avoid burnout.



If you're suffering from burnout, talk to someone.

