

How to Avoid Burnout

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B – BALANCE & BOUNDARIES. In order to live a balanced life, you must evaluate what's on the scale. If you talk more about work than you do about your family, your family inevitably lacks your presence. If you dedicate more time to your membership in an organization than you do concentrating on your health, your health inevitably goes lacking. While you should prioritize life's responsibilities, you should also create a regime that allows you to exercise proper energy in every area of your life. This will create balance mentally, physically, financially, spiritually, and emotionally.

Couple *balance with boundaries*. If work ends at 5:00.p.m., try not to discuss work matters while having dinner with your family. Be present and focused on the people and things relevant to that moment. Remember to set boundaries and know that people only cross the boundaries you allow them to.

U – UNDERSTAND the power of no. Just because you can do it, doesn't mean you should do it. Multi-gifted and talented people often get caught in this web because the demand placed on their gifts, silently convinces them that they are the only individuals who can excellently accomplish the task. The truth is, if you say no to what you are not supposed to do, someone ordained for the assignment will emerge.

R – REDIRECT responsibilities. You don't have to do everything. In fact, you can't do everything! Once you are convinced of this, you will never attempt another assignment without a team. You become burned-out when you are stretched in several different ways. But, when you empower others and allow them to be your representatives, you preserve your endurance.

N – NEVER be afraid to pass the baton. One person can't win a relay race. Instead, every person runs their course and passes the baton to the next runner. This allows the team to maintain stride with hopes that everyone wins. When you feel tired and fatigue, identify the next runner and pass the baton.

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