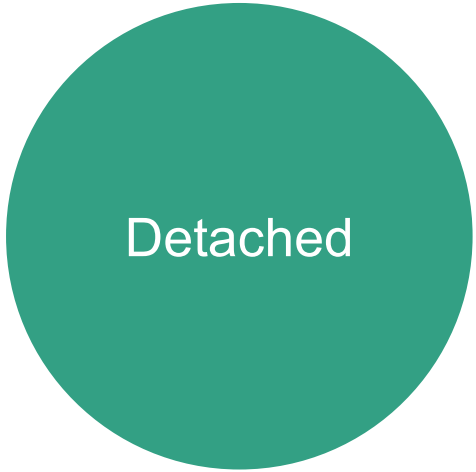


Burnout

Types and remedies



Types



Recovery



Exhausted

- **Rest**
 - Time off work
 - Reducing personal / family obligations



Detached

- **Meaningful connections**
 - Office / face-to-face
 - Mentor others
 - Volunteering
 - Small acts of kindness



Ineffective

- **Accomplishment**
 - New role
 - New hobby
 - Workout



Thank you.