

# 9 Ways To Recover From Burnout: *Moving Forward When You're Exhausted*

Grant yourself permission to be an imperfect human

Seek professional support through therapy

Take time to actively reflect on your efforts and accomplishments

Strengthen active reflection and self-compassion practices

Develop daily strategies to prevent burnout

Create action items for systemic changes

Recognize and replace negative self-talk

Consider taking time off to hit your "reset" button

Adopt an "ownership mindset"

