Stress Busting Tips

(To Avoid Burnout)

Tip 1

Claim Your Space!

- Choose a quiet space
- Work on a flat surface
- Limit Distractions



Tip 2

Support Yourself

- Use a pillow for back support
- Use a lap desk for your laptop
- Limit your time on couches & chairs



Tip 3

Awkward Posture?

- Avoid awkward work spaces
- Steer clear of slouching
- Minimize looking down at your screens



Tip 4

Get Your Zen On...OM!

- Make time to quiet your mind
- Take deep breaths
- Allow yourself to relax



Tip 5

Switch it Up

- Your best position is your next position
- Alternate between sitting and standing
- It is ok to recline for passive pursuits



Tip 6

Be Kind To Your Eyes

- Make sure there is ample light
- Sit perpendicular to windows
- Consider blue light glasses or filters



Tip 7

Me Time

- Set clear work boundaries
- Make time for you
- Keep up with your hobbies and interests



Be Present. Be Mindful. Be Great.

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