

## Burnout prevention techniques for Managers

- Don't stress about any situation that you can't influence
- Don't work overtime unless you're dealing with an emergency situation
- Reduce the time spent multitasking
- Switch your status to "Do not disturb" while addressing issues that require a lot of focus
- Take your breaks
- Enjoy your vacation days
- Educate your team to respect your time off
- Practice mindful meditation
- Check the Effort-Reward balance; if it's not worth it, stop doing it!

