



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Regaining Balance

Whether you recognize the warning signs of potential burnout or are already past the breaking point, trying to push through the exhaustion and continuing as you have been will only cause further emotional and physical damage. Now is the time to pause and change direction by learning how you can help yourself overcome burnout and feel healthy and positive again.



Social Connection

- ◆ Invest in close relationships
- ◆ Be more sociable with coworkers
- ◆ Limit contact with negative people
- ◆ Volunteer for a cause or community group meaningful to you
- ◆ Practice gratitude

Priorities

- ◆ Learn to say “no” to requests on your time
- ◆ Take a daily break from technology
- ◆ Be creative; art, hobby, project
- ◆ Make time for relaxation
- ◆ Get plenty of sleep

Work

- ◆ Find value in what you do
- ◆ Maintain work-life balance
- ◆ Make friends at work
- ◆ Take time off

Health

- ◆ Make exercise a priority
- ◆ Eat a healthy diet—minimize sugar and refined carbs, reduce high intakes of food that impact mood (caffeine, trans fats)
- ◆ Eat more Omega-3 fatty acids (salmon, flaxseed, walnuts)
- ◆ Avoid nicotine
- ◆ Drink alcohol in moderation