

BURNOUT

Doesn't Get the Final Say

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Burnout Starts Before You Notice



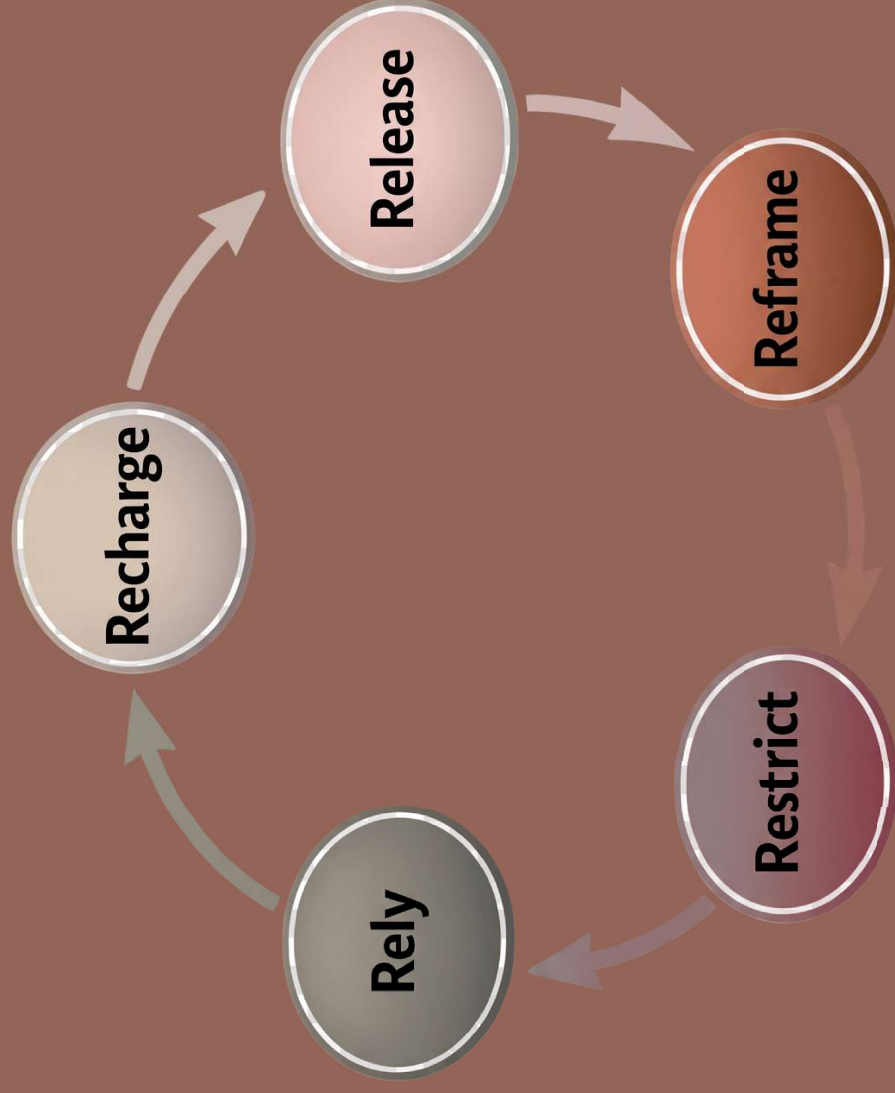
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You Didn't Choose This Work to Lose Yourself



The 5R Burnout Reset Method



Recharge

- Put Yourself First to Perform at Your Best
- Protect Your Mental Health



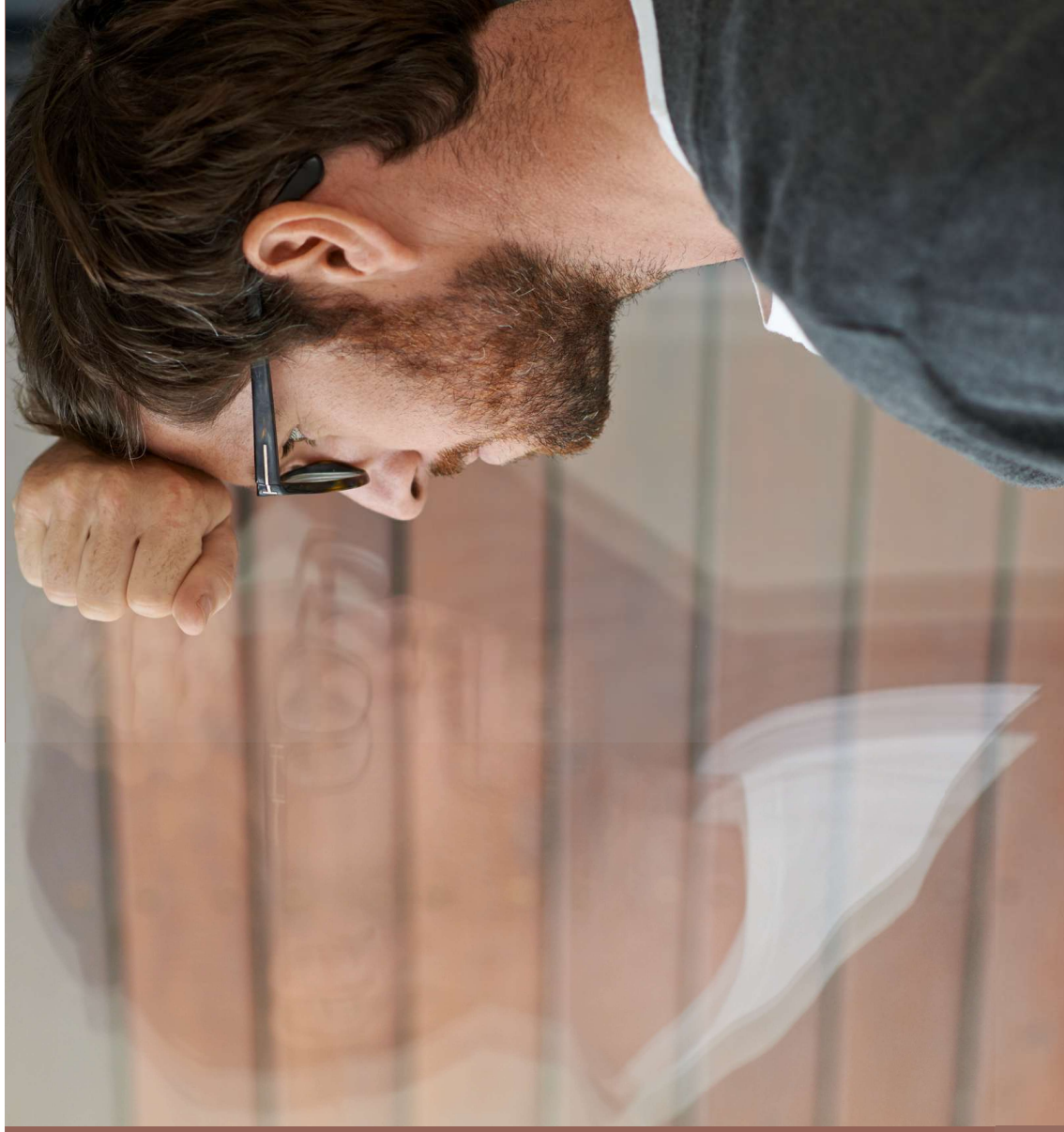
Release

- Stop the Replay
- Decide Who Holds the Power
- Choose What You Carry



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Reframe

- Assume Positive Intent
- Allow Curiosity to Lead You
- Control the Response, Not the Situation



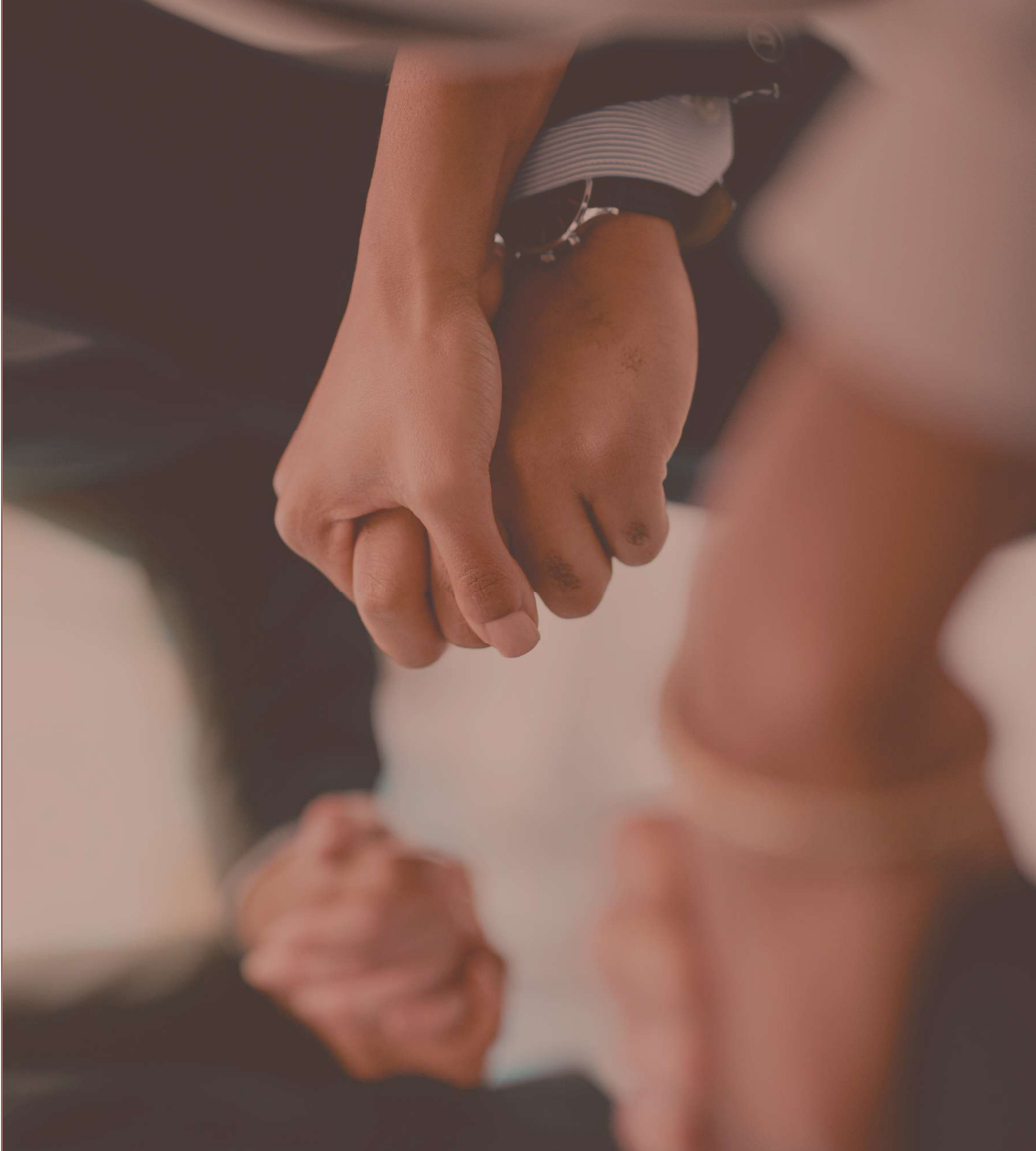
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Restrict

- Address What Others Avoid
- Set the Standard



Rely

- Stop Carrying it Alone
- Build Your Support System



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Three Systems That Protect Your Capacity

Time Control System

Workflow System

Stakeholder Visibility System

Realignment Over Responsibility



Where am I
overextending myself
unnecessarily?

What am I
saying yes to
out of guilt
instead of
intention?

What needs to
be adjusted,
delegated, or
removed?



Don't Let Burnout Lie to You

BURNOUT

Doesn't Get the Final Say

YOU DO!!

CONNECT WITH ME

 iamshirleyellis.com

 @iamshirleyellis

 shirley@iamshirleyellis.com

 Shirley Ellis

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