

BURNOUT IN ACTIVISTS

SIGNS OF BURNOUT

Debilitating stress
Impairing anxiety
Chronic depression
Hopelessness

(CHEN & GORSKI, 2015)

PREVENTING BURNOUT: TIPS

- Nutritious diet
- Regular exercise
- Take time for hobbies you enjoy
- Schedule breaks into your day and week
- Meditation
- Yoga
- Tai Chi
- Celebrate small victories
- Get enough sleep
- Take a break from the news and social media
- Give yourself permission to say no

