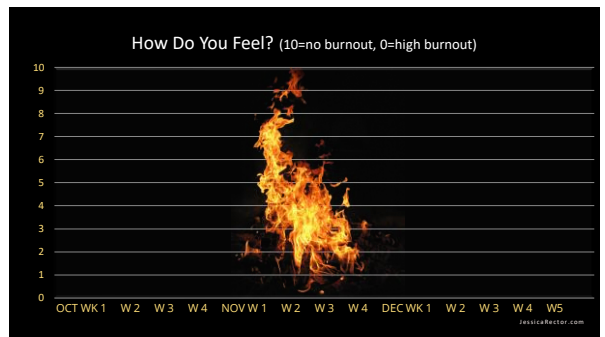
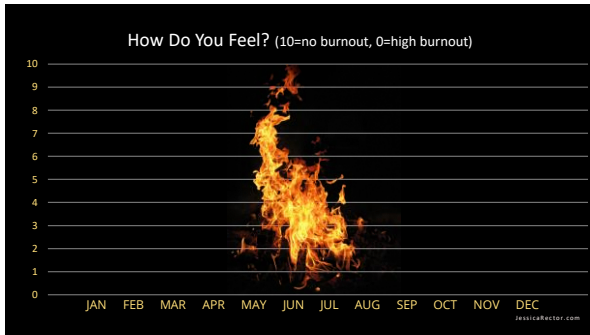


- ### Contributing Factors
1. Working too many hours
 2. Too much workload
 3. Negative workplace culture
 4. Not enough sleep
 5. Perfectionism
 6. Lack of appreciation
 7. Routines/boredom
 8. Bad habits
 9. Poor leadership
 10. Unclear job expectations
-
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- ### New COVID-19 Contributing Factors
- | | |
|-------------------------------|----------------------|
| 1. Change | 8. Kids at home |
| 2. Disruption | 9. Connection |
| 3. Uncertainty | 10. Health crisis |
| 4. Fear | 11. No daily routine |
| 5. Engagement | 12. Feeling helpless |
| 6. Job Loss/Letting people go | 13. Boredom |
| 7. Team Dynamic | 14. Zoomitis |
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Cost of Burnout

1. Identification and Prevention
2. Benefits of Success
3 months, 6 months, a year, 3 years
3. Cost of Doing Nothing
3 months, 6 months, a year, 3 years

in JessicaRector

TACKLE THE BURNOUT BEAST

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