

Checklist:

3 Ways to fight burnout as a manager

1. Set Boundaries Like a Pro

- Set daily start and end times for work
- Communicate availability to your team.
- Automate or delegate routine tasks.

2. Prioritize Self-Care

- Block time for breaks on your calendar
- Set a weekly exercise goal.
- Practice mindfulness for 5-10 minutes daily.

3. Foster a Supportive Work Environment

- Schedule regular check-ins with your team.
- Celebrate team and individual achievements.
- Advocate for work-life balance in your organization