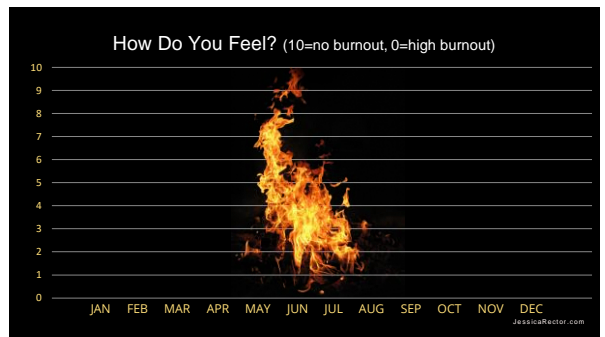
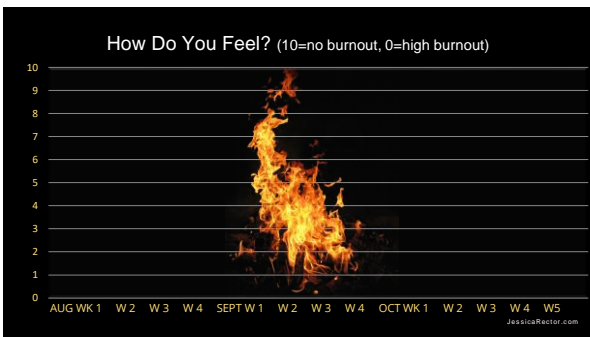




- ### Contributing Factors
- |                               |                              |
|-------------------------------|------------------------------|
| 1. Working too many hours     | 6. Lack of appreciation      |
| 2. Too much workload          | 7. Routines/boredom          |
| 3. Negative workplace culture | 8. Bad habits                |
| 4. Not enough sleep           | 9. Poor leadership           |
| 5. Perfectionism              | 10. Unclear job expectations |

- ### 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               |                      |



## 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



JessicaRector



Boundaries  
Education  
Awaken  
Schedule  
Think Differently

 JESSICA RECTOR

-  JessicaRector.com
-  Jessica@jessicarector.com
-  JessicaRector
-  JessicaRectorSpeaker
-  JessicaRector

