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## Tension

Make use of a journal to write out all your sources of tension - at work and home, with friends, colleagues and (extended) family.

## Work

Gauge your focus by paying attention to the signs and symptoms in your body to help you assess if you've moved into distress.

## More resources

[www.morethangoodfood.ca/focus](http://www.morethangoodfood.ca/focus)

# SIMPLE WAYS TO MAKE WORK-LIFE LESS OF A BALANCING ACT TO PREVENT BURN OUT

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## Joy

Keep a joy journal to experience gratitude, a natural relief from tension.

## Rest

Take time to rest. Even if it's just a few breaths.

I host a 5-8 minute pause on Wednesdays as an IGTV series called Breathing: the mid-week edition.