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

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

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.

BROOKE GORDON



brookegordon_ca



BrookeGordon