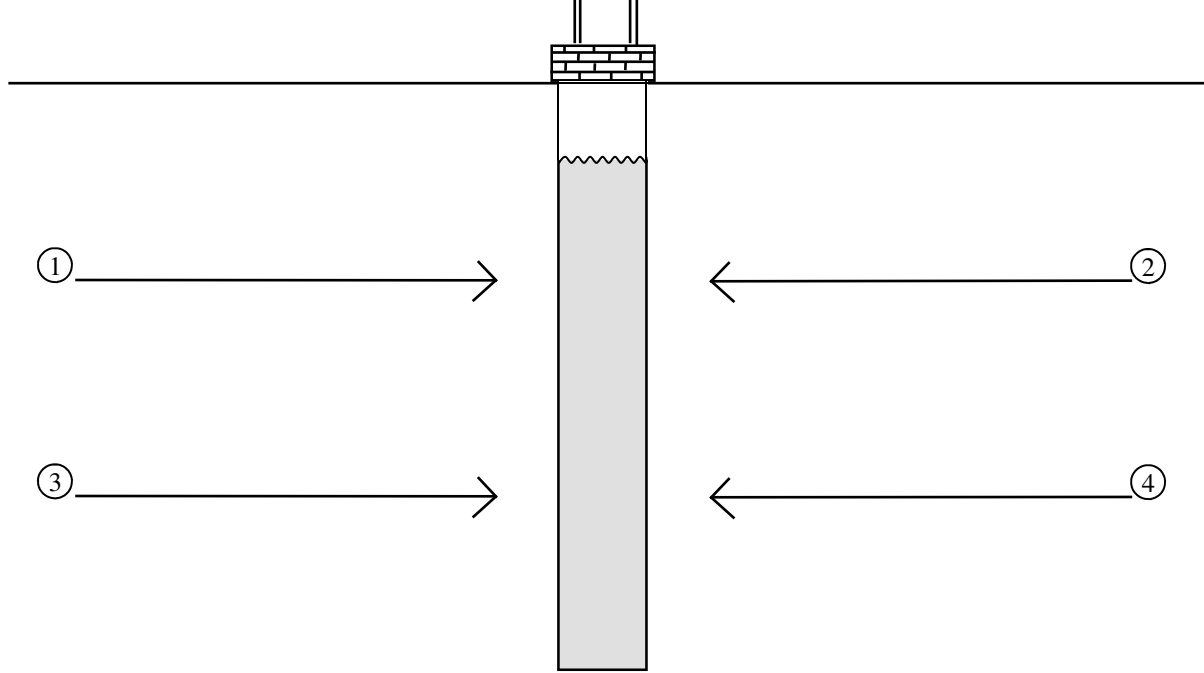


Doing Caring Giving
 Helping Advocating



Burnout

Replenishing The Well: From the list below, select up to 4 things that nourish you by contributing to your sense of balance, resilience, sustainability & overall well-being.

- | | | |
|------------------------------|------------------------------|-----------------------|
| Regular exercise | Reading | Deep relaxation |
| Healthy eating habits | Hiking | Breathing |
| Family time | Creating (art, hobbies, etc) | Gratitude journal |
| Meaningful social connection | Church | Support Group |
| Life purpose/direction | Journaling | Dancing |
| Music (Playing / Listening) | Gardening | Counseling/therapy |
| Meaningful dialog | Massage | Martial Arts |
| Yoga | Maintaining boundaries | Tai Chi |
| Stretching | Laughing | Alone time to reflect |
| Meditating | Socializing | on priorities |
| Spirituality | Napping | Other _____ |