

# Avoid Anxiety & Burn-Out

## **SUGGESTION BOX:**

- Get support from friends and fellow club members!
- Breaks are essential—schedule time away from issues to recharge for the long haul!
- Be grateful—acknowledge the positive aspects of life.
- Don't take everything on yourself. Prioritize your responsibilities and get others to help.
- Commit to self-care: get enough sleep, eat well, and exercise regularly.
- Try relaxation activities such as: yoga, meditation, Tai Chi, Chi Gong, or breathing exercises.
- Take time out to celebrate successes and achievements.
- Stay in touch with nature—gardening, walking by the beach or in a forest, sitting quietly to savor the sunset or a view of trees.