

Avoiding Burnout in the COVID Second Wave



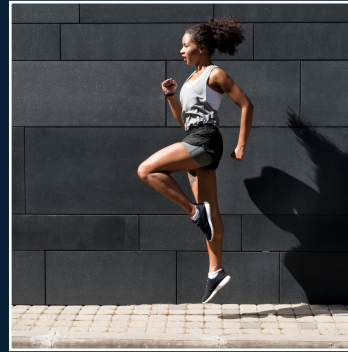
SLEEP

- Read Matthew Walker's book "Why we sleep"
- Go to bed earlier
- Aim for 7+ hours per night mid-week
- Sleep until you wake at weekend



NUTRITION

- Use a subscription service like "Hello Fresh"
- Avoid snacking
- Responsible use of alcohol
- Diets are rarely sustainable - nutrition can be permanent



EXERCISE

- Aerobic or anaerobic - it all counts
- At least 5 times per week
- The endorphins are good for you
- There's no such thing as bad weather - only inappropriate clothing



FUN

- Literature
- Music
- Nature
- Play
- Laughter
- Relaxation
- Meditation
- Contemplation

