

STOPPING BURNOUT THE COMMANDMENTS

FOR YOU

UNDERSTAND
THE WARNING SIGNS

BE IN A WORKPLACE
WORTH WORKING

UNDERSTAND YOUR WORTH

TAKE TIME FOR YOURSELF



FOR YOUR TEAM

MAINTAIN A STEADY
AND STABLE SCHEDULE

ADDRESS ANY ISSUES
IMMEDIATELY

PUT PEOPLE
BEFORE PROFIT

ENCOURAGE OPEN
COMMUNICATION

PLAY AND HAVE FUN
TOGETHER

PROVIDE AN OPEN AND
HEALTHY LEARNING
ENVIRONMENT

