



## daily GOOD

Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work. --Ralph Marston

### Four Tips To Prevent Burnout

"I believe burning out as an isolated martyr is old school. I was thinking about that when I was driving my son to school. He loves to watch the engine battery diagram on the screen of our Prius to see when we're burning petroleum and when we're recharging the energy supply without a drain on the fuel. I realized recharging constantly like a hybrid vehicle is a way to avoid burnout. Here are a few key steps I've found effective for any change-maker who doesn't want to become another burnout statistic." So begins this Ode magazine article with tips on how to burn bright, not out. recharging the energy supply without a drain on the fuel.

### Be The Change:

What helps you recharge? Share your answers here.