

# *3 WAYS TO KEEP BURNOUT AT BAY*

September 22, 2022

Presented By:

Dr.  
Chloe

for



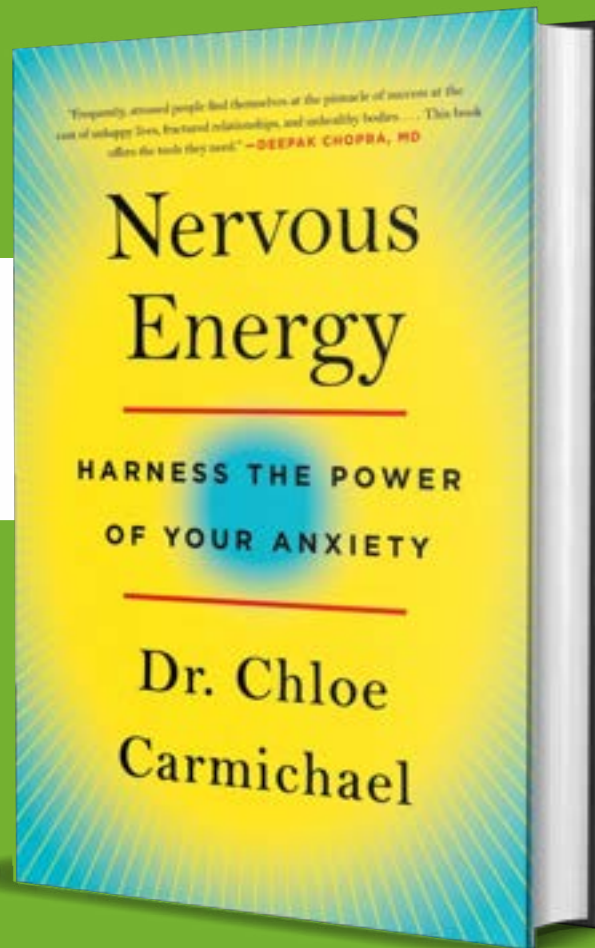
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# Anxiety can feel overwhelming....



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Psst.... Anxiety offers a hidden treasure!



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Dr. **Chloe**

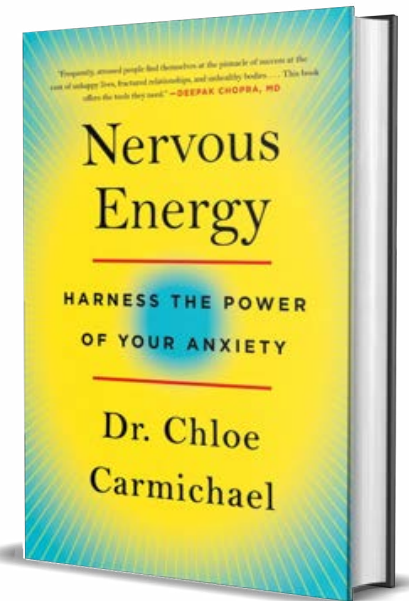


# To Stimulate Preparation Behaviors!



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Just fyi: I'm no stranger to anxiety myself!



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Dr. Chloe

To avoid burnout, we must use anxiety **CONSTRUCTIVELY...** and of course we must **REST/RESTORE.**



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Dr. **Chloe**

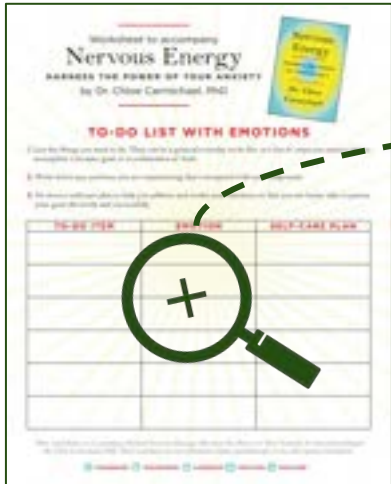
# To-Do List with Emotions



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# To-Do List with Emotions



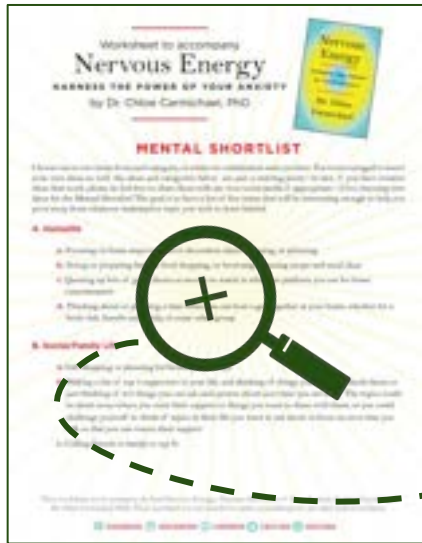
TO-DO ITEM	EMOTION	SELF-CARE PLAN

# Mental Shortlist



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# Mental Shortlist



## A. Homelife



## B. Social/Family Life



## C. Personal Development



## D. Work



# The importance of practicing



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# Q & A

What Do YOU Want To Know?



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Dr. *Chloe*

Let's stay in touch!



-  **@DrChloePhD** 
-  **@drchloe\_** 
-  **@DrChloe\_** 
-  **Dr. Chloe Carmichael, PhD** 

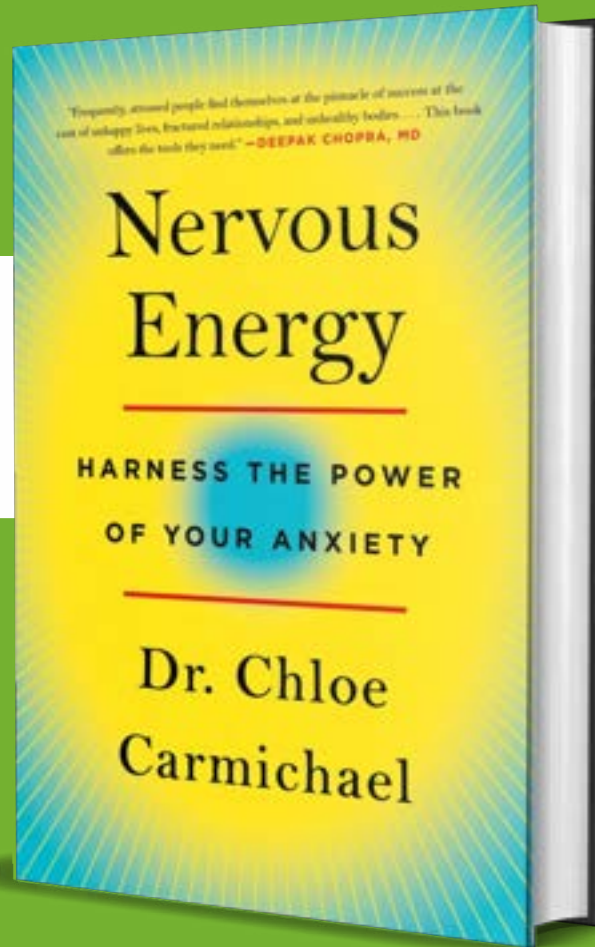
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