

**Preventing Burnout**

Burnout is a common feeling amongst professionals in almost every career. The only way to prevent becoming burnt-out with your job or career is to acknowledge the possibility and take action.

**List three steps you could take to prevent emotional burnout in a massage therapy career**

**1.**

**2.**

**3.**

**List three steps you could take to prevent physical burnout in a massage therapy career**

**1.**

**2.**

**3.**

**List three steps you could take to prevent intellectual burnout in a massage therapy career**

**1.**

**2.**

**3.**

**Define the term “Bordem Syndrome” and list three steps that you could take if you find yourself in this space.**

**Define “Stress” and list three steps you could take to combat this daily physiological phenomenon**