



BURNOUT RECOVERY

Your journey to recovery begins when you can identify the moral distress that occurred causing the burnout you now experience.

Burnout happens to good people, who care enough to want to do the right thing.



Personal Path:

- ✔ Fair expectations
- ✔ Decrease the intensity
- ✔ Nervous system recovery
- ✔ Make a bucket list
- ✔ Set boundaries
- ✔ Helpful mantras to say
- ✔ Confide in trusted people

The Final Step:

Self-forgiveness

1. Self-forgiveness affirms my personal values.
2. Self-forgiveness affirms my value as a person.

For more information on **your** road to recovery go to Patrick's YouTube page and website!



www.PatrickRiecke.com

<https://www.youtube.com/@patrickriecke>

