Dr. Doni’s

BURNOUT RESET tip sheet

**RECONNECT WITH YOURSELF**
- yoga
- meditation
- massage therapy & acupuncture

**SLEEP**
- 7.5 - 9 hours of sleep a night
- electronics off 1-2 hrs before bed
- complete darkness stimulates melatonin

**EAT CLEAN EAT SMART**
- 4-6 small meals a day
- avoid reactive foods
- eat at regular intervals

**ENJOY NATURE**
- outside exercise
- sit in sunlight
- garden

**EXPERIENCE EMOTION**
- laughter
- be heard and understood
- journal

**GIVE YOUR BRAIN A BREAK**
- a cup of tea and a good book
- one ounce of dark chocolate
- good sleep

**CONNECT WITH OTHERS**
- hugs
- a date with a friend
- time with your pet

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