

# PREVENTING BURNOUT

## WHAT THE INDIVIDUAL CAN DO?

### 5 STEPS TO PREVENT BURNOUT



**SELF-AWARENESS**  
DETECT SIGNS OF BURNOUT



**SELF-CARE**  
MAKE TIME FOR YOURSELF



**SOCIAL SUPPORT**  
ACCEPT HELP FROM OTHERS



**BUILD RESILIENCE**  
LEARN HOW TO STEER YOUR ENERGY



**HEALTHY BEHAVIOURS**  
TAKE PART IN REGULAR EXERCISE,  
EAT & SLEEP WELL

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ARIIA was established as an independent, not-for-profit organisation, set up to lead the advancement of the aged care workforce capability by promoting and facilitating innovation and research to improve the quality of aged care for all Australians.

**ariia** Aged Care Research  
& Industry Innovation  
Australia

**Knowledge & Implementation Hub**