

Don't let the job burn you out! Remember:

B- busy isn't beautiful – balance

U- understand your needs - professional and personal

R- rest, relax, rejuvenate

N- never feel alone - gather your friends!

O - outlook is everything - stay positive

U- unwind to refocus -- take another look at yourself

T- take time to celebrate YOU!!!

by Maggie

Sanna, Lake Shore veteran mentor

Thank you!

