

Healthy Habits for Professionals with Louise Anne Maurice
[CLICK HERE TO WATCH VIDEO ON YOUTUBE](#)

NEURODIVERGENT AND BURNED OUT?



RECOVERY TIPS



DEVELOP HEALTHY HABITS TO STOP BURNOUT

WITH LOUISE ANNE MAURICE

I like these hacks to prevent overworking and burnout because they establish clear boundaries between work and personal time; especially if you have a home office.

Set Specific Work Hours: Determine a start and end time for your workday, and stick to it. For example, you might decide to work from 9 AM to 5 PM.

Communicate Boundaries: Let colleagues, clients and family members know your work hours so they respect your time.

Designate a Workspace: If possible, set up a dedicated workspace in your home where you only engage in work-related activities.

Avoid Work in Personal Spaces: Refrain from working in areas where you relax, such as your bedroom or living room. This helps maintain a mental separation between work and leisure.

DEVELOP HEALTHY HABITS TO STOP BURNOUT

WITH LOUISE ANNE MAURICE

Regular Breaks: Schedule short breaks throughout the day to recharge.

Lunchtime Disconnect: Take a full lunch break away from your workspace. Use this time to relax, eat mindfully and put your legs up on the wall.

Turn Off Notifications: During non-work hours, turn off work-related notifications on your phone and computer to avoid being constantly connected.

Separate Work and Personal Devices: If possible, use separate devices for work and personal activities to create a clear boundary.

Wind Down Routine: Establish a routine to signal the end of your workday. This could include tidying up your workspace, writing a to-do list for the next day and shutting down your computer.

Engage in Relaxing Activities: After work, engage in activities that help you unwind, such as reading, exercising or spending time with loved ones.

Take Empowered Habits a step further by understanding the root cause of unhealthy habits in every area of life.

Learn more about [Holistic Health and Wellness Coaching](#).

- “In the beginning I was skeptical to enroll but after going through section 1, I was certain that I want to finish the course. The course covered the holistic wellbeing dimensions and the instructor was passionate as well as knowledgeable. She has impacted a great amount of knowledge and coaching skills. This will definitely add value to my career as a wellness practitioner.”



Take Empowered Habits a step further by understanding yourself so that you can understand others.
Learn more about [Professional Life Coaching](#).

- “A lot more detailed than other courses and I appreciate the thoughtful approach thus far. Getting further into the practicums, the advice is practical and very clear. Simplicity is underestimated and this is a very simply put training. It applies to my natural style very easily which very naturally aligns to what I know Life Coaching as.”



VISIT FOR FREE RESOURCES AND IN-DEPTH COACHING TRAINING COURSES

Home Free Courses Books Reviews About

Learn with Louise

LouiseAnneMaurice.Com

How To Be Happy In Life by Louise Anne ...

Watch later Share

Empowerment Expert

LOUISE ANNE MAURICE

In Life

Benchmark 1 Benchmark 2 Benchmark 3 Benchmark 4 Benchmark 5

Free Training

[SUBSCRIBE to Louise Anne Maurice's YouTube Channel](#). Be the first to learn new training and download pdf [no email needed]