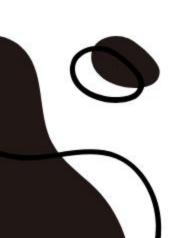
Healthy Habits for Professionals with Louise Anne Maurice



# 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 Heath 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."



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