

# PRESS START

Burnout: When one feels \_\_\_\_\_ and worn out \_\_\_\_\_ or \_\_\_\_\_.

HOW WILL YOU PRESS START THE NEXT TIME YOU BURNOUT?

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Understand you're burnt out

Know when to say "no"

What are your goals?

Take a break

Care for yourself

Find support

**IF YOU'RE EXPERIENCING BURNOUT, IT DOESN'T MEAN YOU'RE WEAK OR FAILING IN LIFE. IT'S A SIGN THAT YOU'VE BEEN STRONG FOR TOO LONG WITHOUT GETTING A BREAK.**

Join us for our 2025 CASL State Conference!

MS: April 10-12

HS: April 12-14

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