

8 Tips to avoid burnout

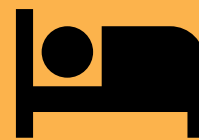


1. Move your body



2. Take a break from SM

3. Go to bed early



4. Take time for fun

5. Eat for energy



6. Ask for help

7. Set boundaries



8. Do the things you love

I'm on a mission to prevent amazing women in business burning out. I can provide easy to implement, proven strategies that allow you more time for strategic work.

Visit aerliewildy.com for more information on my coaching on time management, productivity, systems and most importantly - self care.