

GETABSTRACT REVIEW OF

# The Burnout Fix

**Overcome Overwhelm, Beat Busy, and Sustain Success in the New World of Work**

Burnout remains a widely misunderstood condition, preventing people from recognizing the early warning signs of burnout. Psychologist Jacinta M. Jiménez offers tools to stop burnout before it begins.

## STEP 1

Have your team read the [getAbstract summary](#).

## STEP 2

Schedule a team meeting to discuss the questions below.

## STEP 3

Have a discussion with your team.

## Discussion Questions

1. How would you define burnout?
2. The author discusses a number of tools to foster resilience. Which ones resonate with you the most?
3. Do you have some ideas for implementing the “three S’s” in your everyday life?
4. Social wellness strengthens people’s resilience against burnout. Do you have some ideas for increasing people’s sense of social belonging within your company?
5. What are some concrete ways in which team leaders can nurture agency, benevolence and community?

*“How can my organization improve our employee experience to uncover and implement a fixed set of practices that bolster individual, team and organizational resilience?”*

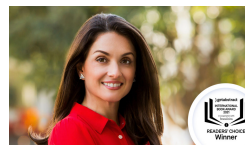
**The Burnout Fix**

Jacinta M. Jiménez

## Additional resources



Burnout



**“Burnout Is Insidious: It Sneaks Up on You, Gradually Gnawing Away at You Over Time.”**