Hour 3:
Avoiding Burnout For Good

- The Lawyer's Edge: Three Simple Solutions
- *"How Close Am I To Burnout?"*
- Recognizing Signs of Burnout in Others

1

By the end of Hour 3, you will be able to...

- Practice tools to manage stress and restore clarity.
- Integrate nervous system awareness into daily routines to sustain well-being.
- Recognize signs of burnout in self and others, and respond with care aligned with capacity.

2

The Lawyer's Edge:

Three Simple Solutions

3

Now we know, negative thoughts are not our fault.
What can we DO about them?
And how does that relate to avoiding burnout?

Use the stressful & negative thoughts as an invitation to create your own **bubble of safety**.

4

Hint:

It's okay to not be okay.

5

This is when you practice "The Lawyer's Edge"

It's 3 Steps.

6

Title search: From Stressed to Steady: Four Techniques You'll Actually Use

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"From Stressed to Steady: Four Techniques You'll Actually Use"