[IMAGE]

3 Ways to Avoid Burnout

cross it off - Copyright â Stock Photo / Register Mark **Cross It Off**

Burnout is physical and mental exhaustion, commonly caused by too much work, stress or routine. It also can be a lack of organization that overwhelms you. The solution: make a list of your daily, weekly and monthly priorities, then cross them off your list one by one. Satisfaction of accomplishment and feeling "in control" will keep you motivated for the long term.

change it up - Copyright â Stock Photo / Register Mark **Change It Up**

No matter what we do, life boils down to a series of routines that are both comforting (most of us need routine) and also put us at risk of suffering burnout. Whether it's your same old diet, same old workout or same old month-to-month schedule, mix things up occasionally to stay fresh and invigorated. Try new foods, vary your workouts and plan a few vacations.

give it a rest - Copyright â Stock Photo / Register Mark **Give It a Rest**

Because burnout is synonymous with exhaustion, the remedy is to take a physical and mental vacation from the norm. Good health is a lifestyle, so pursue it with awareness that you're in it for the long haul. Life is more than 24/7 of dieting, exercising and working excessively. Make time to rest, recover and rejuvenate. Your body (and mind) will thank you for it.

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