

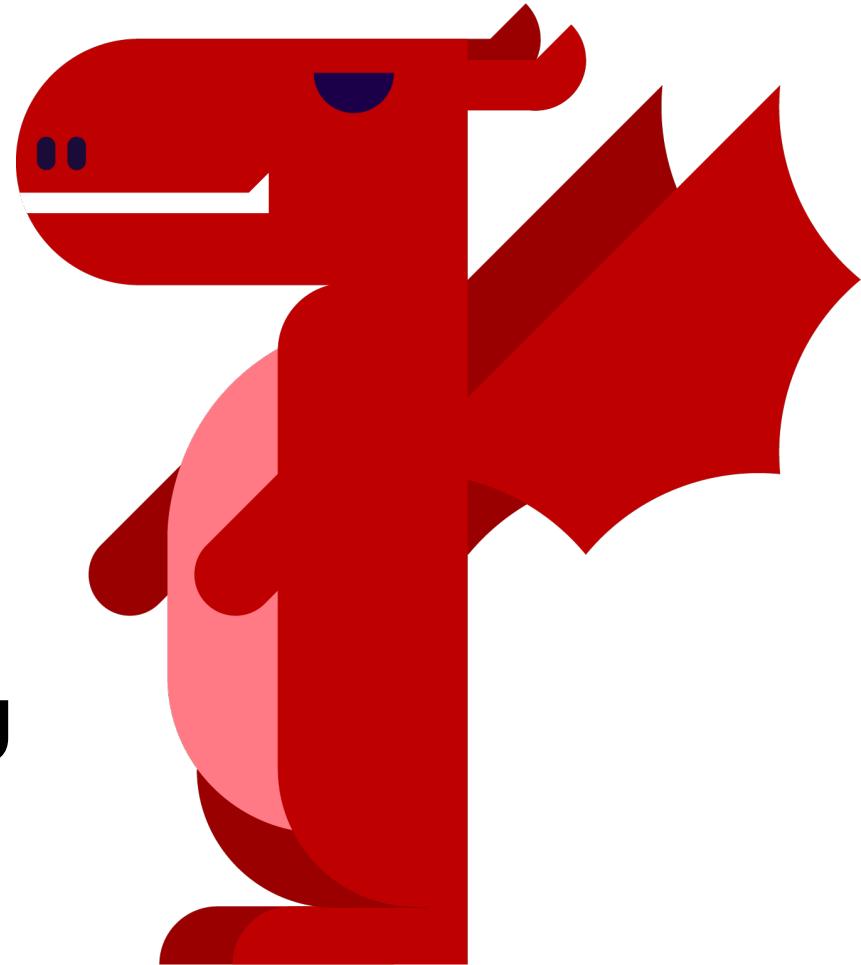


# Tales from the Field: How to Avoid Burnout

**John Morehouse**, Principal Consultant

**Monica Rathbun**, Consultant

**Denny Cherry and Associates Consulting**

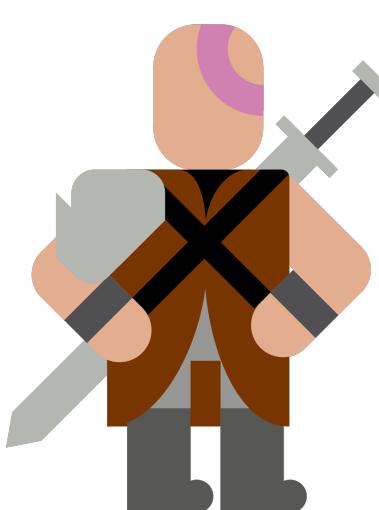


# Who Are We...



## John Morehouse

Principal Consultant



He, him



/johnmorehouse



@sqlrus



Sqlrus.com

## Monica Rathbun

Consultant



She, Her



/sqlespresso



@SQLEspresso



SQLEspresso.com

## We Are Workaholics

**DCAC** A logo consisting of the letters "DCAC" in a bold, blue, sans-serif font. To the right of the letters is a small, light blue puzzle piece icon.

Denny Cherry  
& Associates Consulting

# Steady Routine

Wake Up Same Time  
Daily

Dress for Work

Report to Work

Leave Work



# Leaving Work



If you work from home....

Leave the “office” on a routine.

Emails can wait until the morning



# Take a Real Lunch Break

## STOP EATING AT YOUR DESK

# DND



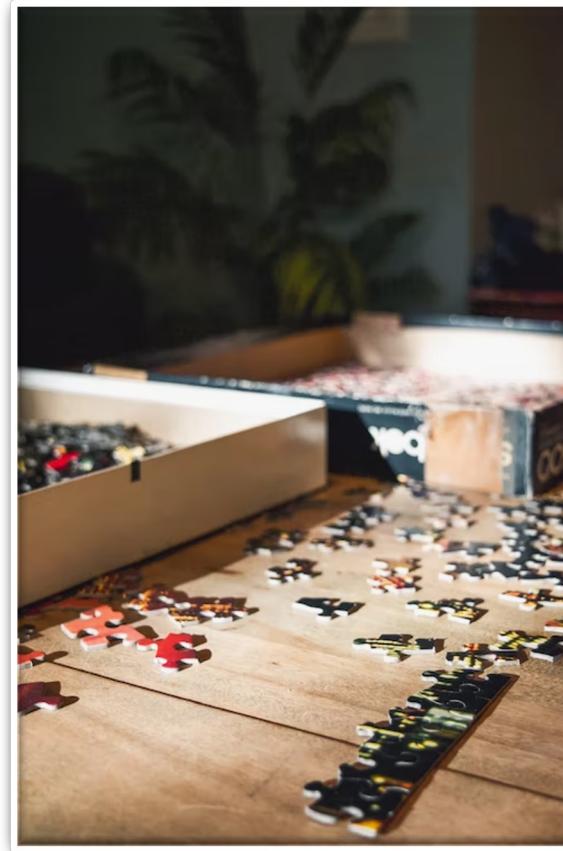
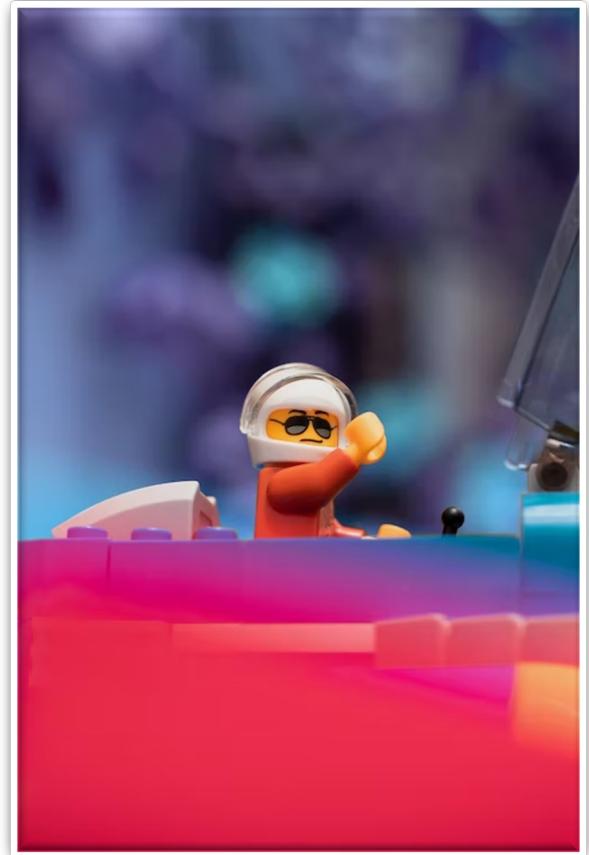
Not Dungeons and Dragons....rather Do Not Disturb

Set a schedule to turn off alarms & notifications on your phone

Ditch the iWatch (honestly, do it at times)

Leave your laptop at home while on vacation \*gasp\*

# Fun Activities



(Only one out of four involves electronics)



**Get Help When Needed**

**NO.**

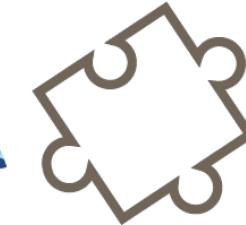
# How to Avoid Burnout

Monica Rathbun &  
John Morehouse

Your Feedback  
Matters.



# DCAC



Denny Cherry  
& Associates Consulting

Your Data, Our Expertise  
[www.dcac.com](http://www.dcac.com)