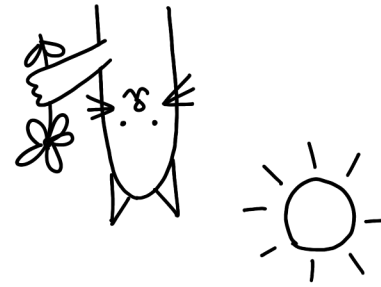


BURNOUT IS A STATE  
OF INTENSE MENTAL,  
EMOTIONAL, & PHYSICAL  
EXHAUSTION THAT CAN  
RESULT FROM  
PROLONGED STRESS. IT'S  
AN ISSUE THAT COMES  
UP IN ORGANIZING.  
LET'S TALK ABOUT HOW  
TO PREVENT &  
MANAGE BURNOUT!



## NAVIGATING BURNOUT AS AN ORGANIZER

**-TIP#1-**  
REMEMBER THAT WE  
ARE WORKING ON A  
DECADES-LONG PROJECT  
& WE DESERVE TO LIVE  
LIFE AS WE DISMANTLE  
CAPITALISM. BE PRESENT,  
FIND JOY, GET SOME  
HOBBIES, & GO OUTSIDE!



CREATING A CULTURE  
WHERE PEOPLE CAN  
CONTRIBUTE  
SUSTAINABLY IS A  
COLLECTIVE EFFORT.

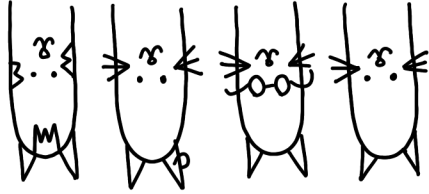
CHECK IN ON YOUR  
COMRADES  
( & YOURSELF ).

TELL PEOPLE YOU  
APPRECIATE THEM &  
SHOW THEM YOU'VE  
GOT THEIR BACK.



WWW.JANNA.INK

**-TIP#2-**  
REMEMBER THAT WHILE  
YOU ARE NEEDED, THIS IS  
A GROUP PROJECT & NO  
ONE PERSON IS THE  
MOVEMENT.  
THIS WORK WAS  
HAPPENING BEFORE YOU  
GOT HERE & WILL  
CONTINUE AFTER YOU  
LEAVE.

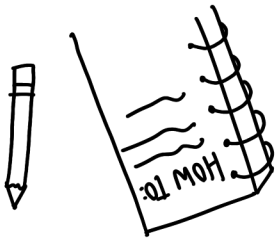


**-TIP#5-**  
TAKE BREAKS! WE ARE  
PEOPLE, NOT ROBOTS.  
HAVE GRACE FOR YOURSELF  
WHEN YOU NOTICE THAT  
YOUR CONTRIBUTIONS  
COME IN SEASONS.

CONSISTENT  
PRODUCTION IS A LIE  
OF CAPITALISM!



**-TIP#3-**  
PULL OTHERS INTO  
YOUR WORK & HAND  
OFF RESPONSIBILITIES.  
TRY USING TRAININGS,  
DOCUMENTATION, &  
ROTATIONS SO THAT  
YOU'RE NOT THE ONLY  
ONE WHO KNOWS HOW  
TO DO SOMETHING.



**-TIP#4-**  
ASK FOR SUPPORT! IF YOU  
CAN'T HAND OFF CRITICAL  
RESPONSIBILITIES,  
CONSIDER ASKING YOUR  
COMRADES FOR COMPANY,  
A LISTENING EAR, OR  
HELP WITH MEAL PREP.



FEELINGS OF LONELINESS  
TEND TO MAKE BURNOUT  
WORSE.