

SURVIVING AND THRIVING: HOW I SURVIVED A TUMOR, BURNOUT, AND GETTING STARTED IN TECH

By Louëlla Creemers

My story

Failure

PROCESS

Sit down and rest

Get enough sleep

Helps mental and physical health

Helps your creativity and productivity

I continued

**Prevention is better
than cure**

PREVENT IT BY...

- Prioritizing self-care
- Setting boundaries
- Managing your workload
- Taking breaks

I had burnout

THE SYMPTOMS

- Physically
- Mentally
- Emotionally

TAKE CARE OF YOURSELF

- Take a LONG break
- Seek professional help
- Consider a change

**I turned out alright.
You can too.**

**Tough times never last,
but tough people do**

- Robert Schuller



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