

Welcome, Nurseketeers

December 17, 2020

# Nurseketeers Newsletter

**BALANCE** is essential to ensure that we have time and energy for everything and everyone important to us. Balance won't prevent life's challenges, but it *will* preserve the energy and resources you'll need to tie that knot when you get to the end of your rope!!

**Burnout is a waste of time and energy; keep that from happening by balancing work with rest and relaxation, and joyous interactions.**



**Life's rope is much longer than you think; when you think you've reach the end... you have to release another coil.**



**JD and T Baker and Goodman**  
a book bubble about

**A, B, & Cs of Author Partnering**  
Education & Reference

synopsis | bio | website



Author Insight

Balance can Prevent Burnout

If we take the time to identify all of the important elements in our lives, and commit to respecting each with the time and attention it deserves, burnout will have no time in our lives.

Book Excerpt

*A, B, & Cs of Author Partnering*

Burnout develops when there is a disparity between the individual and one or more of these six factors: “workload, control, rewards, community, fairness, and values”.<sup>23</sup> For instance, a partner who does a disproportionate amount of work while the other partner cannot or will not do his/her share is at risk for burnout. Unfamiliar work demands, limited resources, and lack of opportunity to participate in decision-making also contribute to burnout.<sup>23</sup> Burnout increases the potential for a partner to neglect the project or leave the partnership.

Gaining support from friends and family and talking openly about issues can help reduce stress, improve one’s outlook, and prevent burnout. Partners should



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