MATSOL 2016 – Beating Burnout Presentation

Weekly Schedule for Prioritizing Stress Reduction

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday  | Thursday | Friday | Saturday |
| Early Morning(before work) |  |  |  |  |  |  |  |
| Morning(starting the workday) |  |  |  |  |  |  |  |
| Midday(lunch time) |  |  |  |  |  |  |  |
| Afternoon(getting out of work) |  |  |  |  |  |  |  |
| Evening(dinner time) |  |  |  |  |  |  |  |
| Night(bedtime) |  |  |  |  |  |  |  |