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) |  |  |  |  |  |  |  |