

TACMOB TIPS: HOW TO AVOID BURNOUT



TacMobility:

Controlling the Mind + the Machine

03

Spend time with energy givers, not energy suckers.

01

Schedule routine vacation time. Not to catch up on chores, to recharge your batteries.

04

Stretch, exercise or simply move your body.

02

Hydrate that booty. Not with energy drinks...with good ol' H₂O.

05

Prioritize sleep schedules.