



• 7 WAYS TO •

# AVOID BURNOUT

FOR ACTIVITY PROFESSIONALS

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## Evidence the Value of Your Work

Whether you find a software solution like StoriiCare, or you become a whiz at record keeping, consider which data points your supervisors would want to see and track them. Bringing activity analytics to the table can provide data-driven evidence of why you need more team members or a budget increase.



## Visit Another Facility

We all need a little inspiration to reignite our own creativity at times! Visit another residence and see what they're doing. Speak with residents, look at their activity calendar, find some ideas that excite you, and then incorporate them into your program.



## Practice Team-Building with Non-Activity Staff

Protect yourself from the “it’s me and me alone” feeling. Ask staff to go brainstorm ideas over a coffee. Take some with you the next time you go to a craft store to ask for their input. Try to think of ways you can show them how valuable *your* work is and how important *their* cooperation is. Find a common goal and collaborate.



## Look for Validation

Find yourself always worrying about what went wrong? Reflect on what went well, too! Look for the smiles. Pay attention to body language and positive behaviors of those you serve. These can remind you what you're good at and why you do this job. Concentrate on the positive to self-validate your achievements and nourish your self-esteem.



## Stay Educated

Learning sparks introspective thought that provokes one to look for better and more current strategies to improve delivery. Mind stimulation through continued education provides a pathway that may prevent that “same old same old” mind set. Find a new certification class. Take an online workshop. Attend a conference.



## Give Yourself Permission

It's okay to schedule something each day or week that interests **you**! This gives you something to look forward to. Additionally, it can serve as a reminder of what made you become an activity professional in the first place. Regularly tapping into those feelings will help you stay passionate about your job!



## Find a New Solution

Having a shiny new tool in your toolbox not only provides relief, but efficiency, too! Software providers like StoriiCare can make your job easier and save you time by giving you the tools to quickly record resident activities, create calendars, connect with families, engage residents and much more.

[Click Here to try StoriiCare for FREE](#)