









# PIXEL LEADERSHIP GROUP'S COMBATING BURNOUT + BUILDING RESILIENCE ULTIMATE RESOURCE LIBRARY

## APPS TO CALM YOUR MIND AND BODY

<b>THERAPY / EMOTIONAL SUPPORT APPS</b>	 <a href="#">TALKSPACE</a>	 <a href="#">BETTERHELP</a>
<b>RELAXATION / MEDITATION APPS</b>	 <a href="#">BREATHWRK</a>	 <a href="#">HEADSPACE</a>
	 <a href="#">CALM</a>	 <a href="#">HAPPYIFY</a>
	 <a href="#">TEN PERCENT HAPPIER</a>	 <a href="#">SANVELLO</a>

## GREAT VIDEOS TO WATCH

[The Cure for Burnout \(hint: it isn't self-care\)](#)

[Burnout is everyone's problem](#)

[How To Stop Burnout Before It Starts](#)

[How to Turn Burnout into Breakthrough](#)

[TED Talks for when you feel totally burned out](#)

[How Do I Help My Team Handle Burnout at Work?](#)

[How Leaders Can Help with Team Member Burnout](#)

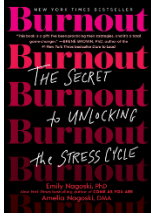
[How to Bounce Back from Burnout in 3 Simple Steps](#)

## ARTICLES TO READ

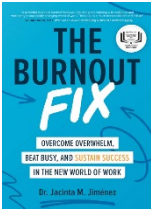
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- [\*Where to Start If You Feel Burned Out at Work\*](#) (by J. Pohl, March 10, 2023, GreaterGood Berkeley.edu)
- [\*Is Your Burnout From Too Much Work or Too Little Impact?\*](#) (by L. Wizeman, December 10, 2021, Harvard Business Review)
- [\*How to recover from burnout if you can't change jobs or take time off\*](#) (by A. P. Horton, August 17, 2022, FastCompany.com)
- [\*9 Ways to Recover From Burnout And Love Your Job Again\*](#) (by A. Stahl, November 13, 2020, Forbes.com)
- [\*What First-Time Managers Can Do to Address Burnout\*](#) (by B. Laker et al., March 29, 2022, Harvard Business Review)
- [\*Burnout: Tips for Coping When You Just Can't Quit\*](#) (by M. Lawler, January 29, 2023, Everyday Health)
- [\*I Tried to Cure My Burnout. Here's What Happened\*](#) (by J. Ducharme, April 27, 2023, Time Magazine)
- [\*Burnout Is About Your Workplace, Not Your People\*](#) (by J. Moss, December 11, 2021, Harvard Business Review)
- [\*Tips for Addressing Burnout in the Workplace\*](#) (by M. Gonzales, June 12, 2022, SHRM.org)
- [\*Addressing employee burnout: Are you solving the right problem?\*](#) (by J. Brassey et al., May 27, 2022, McKinsey Health Institute)
- [\*When Your Employee Tells You They're Burned Out\*](#) (by N. Le Pertel, May 10, 2023, Harvard Business Review)
- [\*How Leaders – and Their Organizations – Can Help Prevent Burnout\*](#) (by J. Moss, April 14, 2021, Harvard Business Review)
- [\*To Curb Burnout, Design Jobs to Better Match Employees' Needs\*](#) (by M. P. Leiter & C. Maslach, March 17, 2023, Harvard Business Review)
- [\*Burnout is a Worldwide Problem: 5 Ways Work Must Change\*](#) (by T. Bower, July 24, 2022, Forbes.com)
- [\*The Data-Driven Case for Vacation\*](#) (by S. Achor & M. Gielan, July 13, 2026, Harvard Business Review)
- [\*How Taking a Vacation Improves Your Well-Being\*](#) (by R. Zucker, July 19, 2023, Harvard Business Review)
- [\*Efficiency is the Enemy\*](#) [about the importance of slack] (by S. Parrish, Farnam Street Media)
- [\*How to Tell If a Potential Employer Has Burnout Culture\*](#) (by E. Stark, B. Carnahan, & J. Kerr, March 8, 2023, Harvard Business Review)

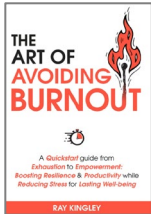
## DIVE DEEPER WITH THESE BOOKS



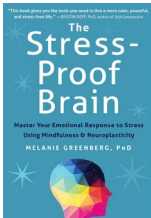
[Burnout: The Secret to Unlocking the Stress Cycle](#) (by E. Nagoski & A. Nagoski, 2020)



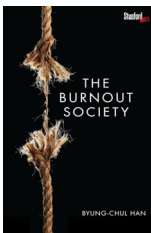
[The Burnout Fix: Overcome Overwhelm, Beat Busy, and Sustain Success in the New World of Work](#) (by J. M. Jimenez, 2021)



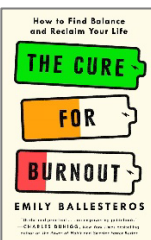
[The Art of Avoiding Burnout: A Quickstart Guide from Exhaustion to Empowerment](#) (by R. Kingley, 2023)



[The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity](#) (by M. Greenberg, 2017)



[The Burnout Society](#) (by B-C Han, 2015)



[The Cure for Burnout: How to Find Balance and Reclaim Your Life](#) (by E. Ballesteros, 2024)