

# THE WISEMIND CO.

## BUFFERING BURNOUT

### RESOURCES

Please find below a list of resources that can provide additional insights and support to buffer burnout:

#### Books:

- [Beating Burnout at Work](#) by Paula Davis
- [Burnout: The Secret to Unlocking the Stress Cycle](#) by Emily Nagoski & Amelia Nagoski
- [The Upside of Stress](#) by Kelly McGonigal
- [The Burnout Epidemic](#) by Jennifer Moss

#### TED Talks:

- [How to Make Stress Your Friend](#) – Kelly McGonigal
- [The Cure for Burnout](#) - Emily Nagoski & Amelia Nagoski

#### Supportive Sites:

- [The Stress and Resilience Institute \(Paula Davis\)](#)
- [Dr. Kristin Neff, Self-Compassion](#)
- [CAMH – Career Burnout](#)
- [ConnexOntario.ca](#)

#### Burnout Assessments:

- **Maslach Burnout Inventory (MBI)**
  - Measures burnout as defined by the World Health Organization and it is used in over 80% of burnout research publications.
- **Areas of Worklife Survey (AWS) (a companion questionnaire to MBI)**
  - Assesses employee perceptions of workplace attributes that may determine whether the individual experiences work engagement or burnout.

#### The WiseMind Co.:

Coaching, Consulting and Core Practices designed to empower you to live, lead and lawyer with ease, well-being and impact.

Please reach out to us any time for additional resources, questions or support:

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