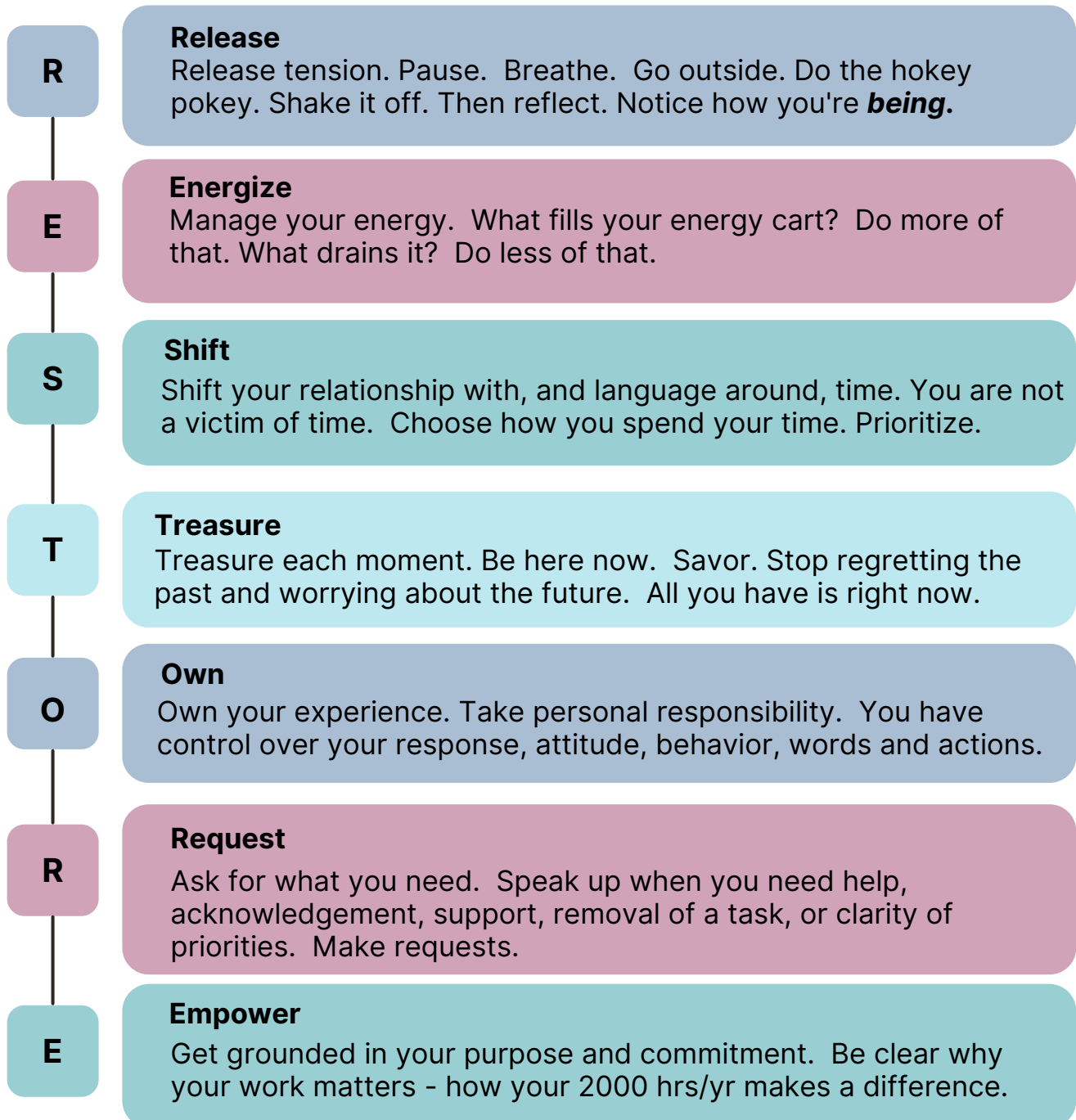




RESTORE Vitality Framework

Overwhelm is the experience of having too much to do in too little time. Burnout is the experience of continuous overwhelm. The emotional impacts of overwhelm can show up like edginess, stress, apathy, exhaustion, lower morale, impatience, despair, numbing, anxiety and even rage. It can also show up like low productivity. Use our Vitality Framework to overcome overwhelm and beat burnout.



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