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**Workplace Wellness Speaker, Author, Facilitator**  
**Helping Leaders and Teams Enhance Wellness and Banish Burnout**

**Banish Burnout: Move from Stress to Success**  
**Janice Litvin**  
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**Contra Costa County Bar Association**

**Key Points and Keepers**

- S-T-O-P to interrupt negative thoughts
- Conduct a Stress Audit to build awareness
- Identify Your Stress Reactions: Overreaction and Overgeneralization
- Should statements
- Recruit an Accountability Partner



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### Accountability Partner: How to Choose

- More experienced than you (ideally)
- Trusted colleague – has your best interests at heart
- Not in competition with you in any way
- Not threatened by you



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### Accountability Partners

- Be clear about your goals & needs
- Make sure they have time
- Verbally commit to their suggestions & do them asap
- Commit to progress, not just outcome



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**Remember: YOU are in charge of your mental health!**

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What Good are Employee Benefits Programs if No One Knows About Them?  
Gratitude Goes a Long Way to Banish Organizational Burnout  
Five Ways to Overcome Burnout at Work  
Seven Ways to Find Your Happy  
Manage Mental Health to Ensure Your Organization Thrives  
Recruit an Accountability Partner to Banish Burnout  
*And more...*

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