

5 WAYS TO AVOID BURNOUT, RESIST DESPAIR, AND STAY INSPIRED

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GROW FOOD

Gardening is proven to fight depression, and growing your own food is one of the most inspiring, empowering actions you can take.

[Tip: Use permaculture to design your garden.](#)



MOVEMENT

A daily movement practice will strengthen your body, sharpen your mind, and help you feel more prepared for an uncertain future.

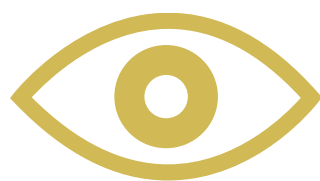
[Tip: Integrate Pranayama breathing patterns for increased healing and mental acuity.](#)



MAKE ART

Creative expression of any kind can help purge intense emotions like fear, horror, anger, and overwhelm, and clear your mind for new ideas.

[Tip: if you're not feeling creative, try just spazzing out for a few minutes.](#)



BE THE CHANGE

When you're walking your talk and setting a joyful example, others will jump on board to help you much faster than if you're grumpy and acting like martyr.

[Tip: use patterns in nature to design your mental and physical experiences.](#)



DOWN TIME

Don't forget to take time to rest, relax, and enjoy your life. It's short. You can't save everyone. Pace yourself.

[Tip: Create a personal space bubble](#)