

10 ways to AVOID ADVOCACY BURNOUT

@wegohealth

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It's OK to say no. You don't need to feel guilty or like you're letting others down. Saying no is saying yes to something better.



Don't compare your pace or your progress to others. We're all at different stages in our journeys and overcoming different obstacles.

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Set boundaries. Limit your notifications, and set time limits on your social apps. Set business hours for your advocacy.



Practice self-care. Avoiding burnout is self-care. Separate your work from your worth, and from your complete identity. You are a human being, not a human doing.

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Give yourself grace. You don't need to post every day. Create space for yourself, and set expectations for how much you can give.



Reconnect to your why. Reflect on why you started advocating for patients, and what motivates you to be a leader in the online health space.

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Be honest with yourself. Establish a routine, whether journaling or reflective listening to stay on top of your needs, goals, and energy.

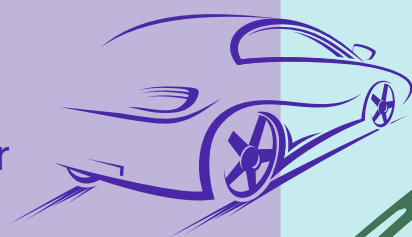


Be open about your needs. Share that you're burnt out or that you're taking a break with your community. Others will understand and offer support.

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It's OK to pivot. You can pause, or pull-over entirely - you're the one driving your advocacy! Refresh your strategies and content.



Ask for help. Consider who can support you in your journey. Reach out to friends and community members for advice and help.

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