



## **Media Article: Signs You're Burning Out (And How to Stop It)**

**Introduction by Kerensa Peterson, Northwestern University**

**Isle Polonko** and **Samantha Maloney** reported in their presentation at this year's ASPE annual conference, "One of the most devastating things a program can suffer is burnout." Burnout is a medical diagnosis that "can get the better of you, even when you have great passion for your work." In this article, **Dr. Travis Bradberry**, coauthor of *Emotional Intelligence 2.0* and cofounder of TalentSmart, engages us in a number of ways to recognize burnout while providing helpful tips for combatting it.

We hope you find Dr. Bradberry's recommendations useful.

Link to article: [https://www.linkedin.com/pulse/signs-youre-burning-out-how-stop-dr-travis-bradberry?trk=eml-b2\\_content\\_ecosystem\\_digest-recommended\\_articles-61-null&midToken=AQF-vlwwPhPh7w&fromEmail=fromEmail&ut=2A9BZvcnPDO781](https://www.linkedin.com/pulse/signs-youre-burning-out-how-stop-dr-travis-bradberry?trk=eml-b2_content_ecosystem_digest-recommended_articles-61-null&midToken=AQF-vlwwPhPh7w&fromEmail=fromEmail&ut=2A9BZvcnPDO781)

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