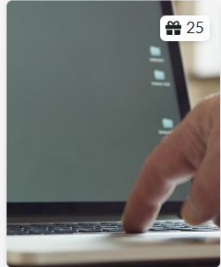


# SmartHealth activities related to burnout recovery

## Challenge Yourself to Disconnect



Challenge Yourself to Disconnect

🎁 25

📅 MAY. 25, 2023 - JUL. 28, 2023

25 points per week

### Challenge Yourself to Disconnect

📌 refrain from working when you're off work

☰ 4 times / weekly

#### About this activity

Disconnect from social media and refrain from working after work-hours.

## Schedule Down Time at Home



Schedule Downtime at Home

🎁 50

📅 MAY. 1, 2023 - JUL. 28, 2023

50 Points

### Schedule Downtime at Home

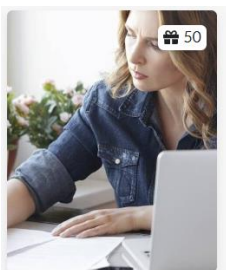
📌 scheduled breaks

☰ 4

#### About this activity

If you're feeling the stress of juggling work, family responsibilities and other "on" times—or are simply feeling like your routine could use a break—take a look at your calendar and fit in some time for play or relaxation.

## Job Crafting: Reflect on Meaning



Job Crafting - Reflect on Meaning

🎁 50

📅 MAY. 1, 2023 - JUL. 28, 2023

50 Points

### Job Crafting - Reflect on Meaning

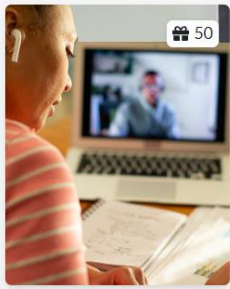
📌 reflect on what makes your job meaningful

☰ 3 times

#### About this activity

Looking back at both your task and relational crafting, how do you view your job overall? You have power in what purpose you derive from certain aspects of your job. It is important to recognize your job for the many different components that it involves. What are aspects that you find very meaningful and rewarding?

## Webinar: Burnout Recovery Roadmap




Webinar: Burnout Recovery Roadmap

 JUN. 8, 2023 - DEC. 1, 2023

**50** Points

### Webinar: Burnout Recovery Roadmap

 watch the webinar

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#### About this activity

In this 45-minute, pre-recorded webinar, reflect on the causes of burnout and—most importantly—how to identify and follow the best path for your recovery.

#### More Information

[Registration](#) is required.

The pre-recorded webinar will be offered at noon on June 8, 2023. If you are unable to join at that time, you can view it afterward on demand.

Instructions for accessing the webinar will be emailed to you after you complete the registration.

To earn points for this event, return to the activity after watching the webinar and click the "Track" button.