

# Burning Bright Without Burning Out

Social burnout can occur when demands such as juggling multiple social obligations, scheduling challenges, and excessive socialization start to take a toll on your emotional and mental well-being. Hosting get-togethers, managing complex family dynamics, and feeling the need to exceed expectations can lead to exhaustion and a sense of being overwhelmed. Balancing these commitments can feel daunting, making it difficult to maintain a healthy balance between social connections and personal time for rest and recharge. By spending quality time taking care of yourself, you can help keep your social flame alive.

**Goal:** Pick two or three self-care activities to do throughout this 10-day challenge. Color in one section of the flame each day you do one of your self-care activities. Examples are listed below, but feel free to get creative and find activities that make you feel fulfilled and happy.

## Example activities:

- Update your calendar with obligations and a to-do list; prioritize and remove items if possible
- Spend time doing a hobby or something that recharges you
- Allow extra time for unexpected challenges (e.g., weather, traffic, flight delays, last-minute cancellations)
- Take time to mourn feelings of loss and change, and embrace new opportunities or traditions
- Embrace what's different and write down three (3) things you're grateful for
- Check in on your end-of-the-year budget (travel, gifts, food, etc.)

## Access free health coaching

Eligible members can work confidentially with a health coach, available at no cost, to set sustainable health goals and move toward them in ways that work best for you. You will better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it's easy to connect from just about anywhere. For more information, contact [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com) or call 800-913-4957.

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