

# ARE WE HAVING ANY FUN YET?

## Strategies to Avoid Burnout

By

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May the light always find you on a dreary day  
When you need to be home may you find your way  
May you always have courage to take a chance



And never find frogs in your underpants.

# IFSAP



**I**dentify obstacles

**F**ree yourself of shoulds

**S**chedule time

**A**bolish negative mind chatter

**P**art with Perfection



# Identify obstacles

# What Keeps You From Having Fun?

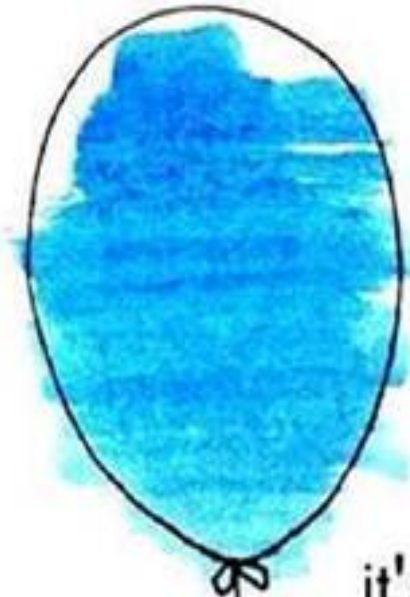




**F**ree  
yourself of  
shoulds




you know  
why it's  
**HARD**  
to be  
happy?




it's because  
we refuse to  
**LET GO**  
of the things  
that make us  
sad.



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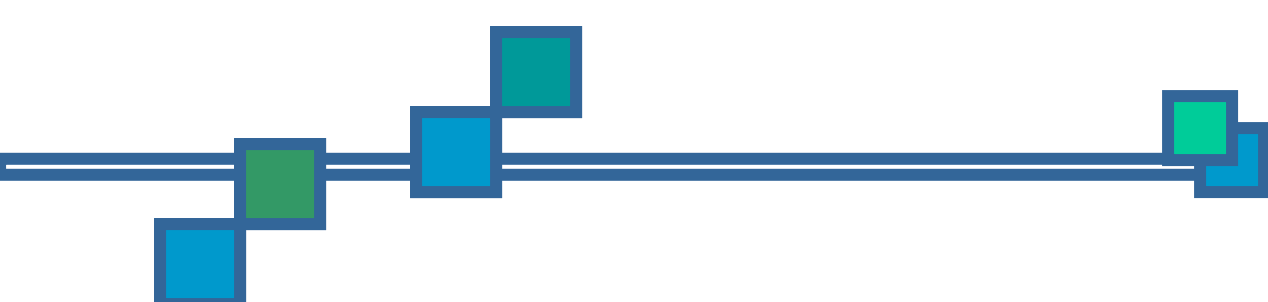
We are as happy  
as we choose to be.





~~ Abraham Lincoln







Most people don't realize  
they are happy  
when it's happening,  
but they look back  
and say



THAT's when I was happy  
~~ Robert Fulgum



# Schedule time



# **HYACINTHS TO FEED THY SOUL**

**If of thy mortal goods thou art bereft,**

**And from thy slender store**

**Two loaves alone to thee are left,**

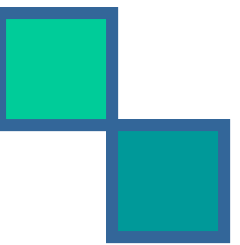
**Sell one, and with the dole**

**Buy hyacinths to feed thy soul**



# Abolish negative mind chatter





# Part with Perfection

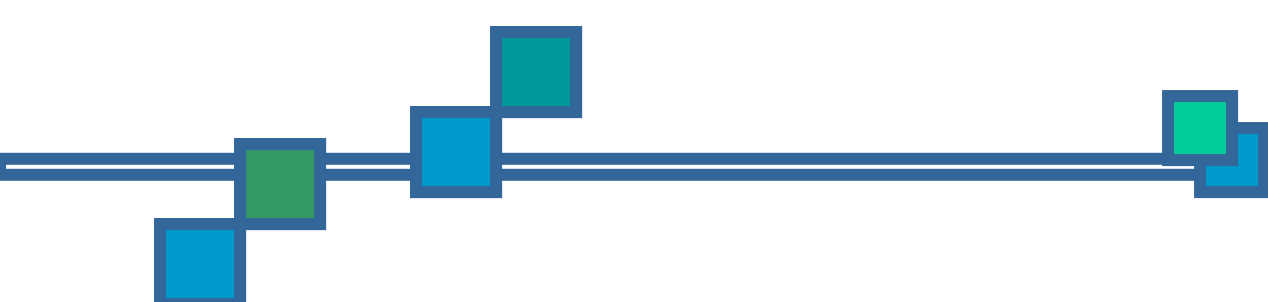


## **THE LAKE ISLE OF INNISFREE** by William Butler Yeats



I will arise and go now, and go to Innisfree,  
And a small cabin build there, of clay and wattles made;  
Nine bean-rows will I have there, a hive for the honey-bee,  
And live alone in the bee-loud glade.

And I shall have some peace there, for peace come dropping slow,  
Dropping from the veils of the morning to where the cricket sings;  
There midnight's all a glimmer, and noon a purple glow,  
And evening full of the linnet's wings.

I will arise and go now, for always night and day  
I hear lake water lapping with low sound by the shore;  
While I stand on the roadway, or on the pavements grey,  
I hear it in the deep heart's core.




How can you add  
some fun to  
your life,  
your work, or  
your work place?






Unless each day can be looked back upon  
by an individual



as one in which he has had  
some fun,  
some joy,  
some real satisfaction,  
that day is a loss.



--- Dwight D. Eisenhower