Rekindle the Fire!
Coping with Burnout: Strategies for Dealing with Stress

➢ American Heart Association
  o http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/FourWaystoDealWithStress/Four-Ways-to-Deal-with-Stress_UCM_307996_Article.jsp

➢ Centers for Disease Control and Prevention
  o http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html

➢ Mayo Clinic
  o http://www.mayoclinic.org/burnout/ART-20046642?p=1


• Annoyed Librarian - http://lj.libraryjournal.com/blogs/annoypedlibrarian/2013/01/07/librarians-and-their-stressful-jobs/

• ABC News - http://abcnews.go.com/Business/stressful-jobs/story?id=21441041 (least stressful?!?!)  
• CareerCast - http://www.careercast.com/jobs-rated/least-stressful-jobs-2014 (least stressful?!?!)