

# Burnout

Ready to learn more about burnout?  
Here is a toolkit to get you started

## **On The Brink of Burnout**

by Dr Jo Mitchell

[Short Read](#)

## **Break and Shake Burnout**

by Dr Jo Mitchell

[Short Read](#)

## **Burnout**

by Emily & Amelia Nagoski

[Book](#)

## **Burnout Resources & Course**

Blackdog Institute

[Website](#)

## **Headspace, Meditation**

[App](#)

## **How We Feel**

[App](#)

## **The Happiness Trap**

by Russ Harris

[Book](#)

## **Lost Connection**

by Johan Hari

[Book](#)

## **Busy, Stressed, Overwhelmed?**

by Dr Jo Mitchell.

[Short Read](#)

## **The Mind Room, Blog & Library**

[Website](#)

[www.themindroom.com.au](http://www.themindroom.com.au)

