

- After reading “How to Tell If Your Team Is Burnt Out – And What To Do About It,” create a job aid of reminders that identifies signs of burnout and tips for overcoming burnout that could be used in your workplace.

**Link:** <http://www.forbes.com/sites/dailymuse/2013/06/04/how-to-tell-if-your-team-is-burnt-out-and-what-to-do-about-it/#1ad71794146c>

- Considering the various ways of assessing stress, which seem the most effective, and why? **100 words**