Self care is an activity to take care of our Mind, Spirit, and Body.

Importance of Burnout
Burnout is now listed in World Health Organization (ICD-11) handbook as codable diagnosis

- Energy Depletion or Exhaustion
- Increased Mental Distress or Feelings of Negativity related to one’s job
- Reduced Professional Efficacy

50 / 50 RULE
FIRST 50 YEARS = GENETICS
SECOND 50 YEARS = BEHAVIOR

Benefits of self-care
- Good self-care is key to:
  - Improving mood
  - Reducing anxiety
  - Building good relationships
  - Leading a healthy life
  - Experience balanced and peace of mind

REFERENCES
- American Medical Association (2019). World Health Organization International Disease Classification (ICD-11: Burnout)
- Foster, L. (2018). Yoga Gets Better with Age: How Yoga Helps the Stages of Life. pg 6 -12