

Put on your ARMOR

**A framework* to help you protect
your energy under pressure**

A Awareness of your thoughts and feelings; take a pause.

R Regulation of your thoughts and feelings; breathe, move, talk it out.

M Meaning – connect to your social group, your values, and your work.

O Outlook – adopt mindsets that build resilience, such as optimism and self-appreciation.

R Reset – recover if needed and/or reconnect to your values and social group.

*Adapted from Burnout Immunity by Kandi Wiens, PhD

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