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# Your Daily Practice

## Episode 42

Identify Your Burnout Habit Loops with Dr. Judson Brewer

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Short term solutions to treating burnout don't work. In this episode, Dr. Judson Brewer explores the link between anxiety and burnout and 5 common habit loops that keep you stuck in burnout cycles.

### Practices to try this week:

#### 1. Identify Your Habit Loop

- Over-empathizing Habit Loop
- Self-Protection Habit Loop
- Fix-It Habit Loop
- Take It Home Habit Loop
- Anger Habit Loop

#### 2. Identify What You Are Trying To Experientially void

#### 3. Replace Your Burnout Habit with

- Compassion
- Kindness
- Curiosity
- Mindfulness of emotions
- acceptance
- Values-based action