

# Using Mindfulness to Reduce Burnout

Hedonic well-being: Feeling well; happiness, pleasure, absence of discomfort

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Eudaemonic well-being: Functioning well; life aligned with values; sense of purpose

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Complete well-being



To practice on your own

**Belly breathing** - Smith, B.H., Lyons, M., and Esat, G. (2019) Yoga Kernels: A Public Health Model for Developing and Disseminating Evidence-Based Yoga Practices. *International Journal of Yoga Therapy*, 29, 119-126. DOI: [10.17761/2019-00024](https://doi.org/10.17761/2019-00024)

**Guided meditations** - <https://www.mindfuluh.org/ourmeditations> ; Insight Timer

**Gratitude writing** - many sources on-line: e.g.,  
<https://www.academicwritingsuccess.com/15-fabulous-gratitude-writing-prompts/>

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