

BURNOUT RESOURCES FOR MORE LEARNING

BURNOUT

- [Is your Work Stress Burnout?](#) by Christina Maslach and Michael Leiter
- [Burnout Is About Your Workplace, Not Your People](#) by Jennifer Moss
- [The Hidden Toll of Micro-Stress](#) (HBR Spotlight Series)
- [How rest can make you better at your job](#) with Alex Soojung-Kim Pang
- [Stress, Burnout, and the Workplace](#) (SHRM & Calm Webinar)
- [Don't Let Cynicism Undermine Your Workplace](#) by Jamil Zaki
- [Has Cynicism Infected Your Organization](#) by Kandi Wiens

MEANINGFUL WORK

- [Design Work to Prevent Burnout](#) by Sharon Parker & Caroline Knight
- [What makes work meaningful?](#) by Lysova, Fletcher, and Baroudi
- [The Case for Good Jobs](#) (HBR Spotlight Series)
- [40 Employee Well-Being Survey Questions to Prevent Burnout](#) by Kona

BURNOUT ASSESSMENTS & MEASUREMENT

- [Maslach Burnout Inventory](#) (MBI)
- [How to measure burnout accurately and effectively](#) by Christina Maslach
- [The Copenhagen Burnout Inventory](#)

EMOTIONAL INTELLIGENCE

- [Emotional Agility Resources](#) by Susan David
- [No Hard Feelings](#) by Liz Fosslien & Mollie West Duffy
- [Don't Feed the Elephants](#) by Sarah Noll Wilson

