

Overcoming Burnout: Self-Care Guide for Real Estate Agents

Burnout is a common challenge in the fast-paced world of real estate. This guide offers practical strategies to prioritize your well-being while maintaining a successful business.

1. Recognize the Signs of Burnout

- Feeling constantly exhausted, even after rest.
- Difficulty focusing or making decisions.
- Decreased enthusiasm for work.
- Increased irritability or mood swings.

2. Set Boundaries

- Establish work hours and stick to them.
- Say no to non-essential tasks or overbooked schedules.
- Avoid checking emails or messages outside of working hours.

3. Prioritize Physical Health

- Incorporate regular exercise into your routine.
- Maintain a balanced diet to fuel your energy.
- Get 7-8 hours of quality sleep each night.

4. Practice Mental Wellness

- Schedule time for relaxation and hobbies.
- Try mindfulness exercises like meditation or deep breathing.
- Seek support from a mentor, coach, or therapist.

5. Build a Supportive Network

- Connect with other agents for shared experiences and advice.
- Delegate tasks to team members or hire an assistant.

- Celebrate wins with friends, family, or colleagues.

6. Reevaluate Your Business Strategy

- Focus on quality over quantity to reduce stress.
- Streamline workflows with tools and automation.
- Review and adjust your goals to align with your well-being.

Let's Make Your Next Move a *Positive* One!

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