

Fearing Burnout Before Crossing the 2020 Finish Line?

We are nearly half-way through December. Do you and your team seem more 'tired' than usual? It is likely you do! Under normal circumstances stress levels tend to rise this time of year, but since so many have experienced higher than normal levels of stress since March, by now we are all simply maxed out.

Help yourself and your team avoid total burnout and better balance stressors with these tips from a recent ThinkAdvisor article.

And remember, while there are many tasks one must complete to remain compliant, you *can make it easier and less *stressful** with the proper technology framework. Take a look at how BasisCode can help and help yourself to a hot cocoa break!

[Visit Source: [ThinkAdvisor](#)]