

# Stanford psychologist tells us how to fight workplace burnout

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## *Chicago Tribune:*

At the end of a work day, do you feel spent, burned out, fit for nothing more strenuous than a glass of wine and a couch-based communion with your favorite TV show?

Join the club.

While working hard is admirable, our tendency to stay in a state of high alert can deplete us, both mentally and physically, according to Emma Seppala, the science director of the Center for Compassion and Altruism Research and Education at Stanford University, and author of the new book “The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success.”

“There’s a better way to manage our energy,” Seppala says.

Read the whole story: [Chicago Tribune](#)