

# a few notes

## Topic: A Few Quiet Minutes in the Morning



## Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

What is your morning ritual? In today's employee check-in, we look at an article on [hrdive.com](https://hrdive.com) that suggests a few quiet minutes in the morning can help with burnout. According to Charlotte Fritz, co-author and associate professor at Portland State University, disconnecting from work helps people have greater satisfaction with life and avoid burnout, reconnecting with work helps employees plan for the tasks to be completed or challenges they might face. So develop a routine that helps you transition into your workday allowing some quiet time at the start to focus.

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