We asked young scientists this question: **In exactly six words, what is the secret to preventing burnout?** In their succinct responses, scientists from around the world suggested ways to prioritize breaks, focus on the positive, and find inspiration in work, hobbies, and community. Our respondents urged researchers facing burnout to take care of themselves, whether that means setting boundaries or giving themselves permission to splurge. Follow NextGen on Twitter with hashtag #NextGenSci. See all NextGen Voices results at https://science.sciencemag.org/collection/nextgen-voices. —Jennifer Sills

**Invest in hobbies**
- Improve a skill unrelated to research.
  *Ming-Ju Amy Lyu, China*
- Walk while listening to soothing songs.
  *Jian Zhang, China*
- Incorporate parkour tricks into coffee runs.
  *Raf Aerts, Belgium*
- Channel exhaustion to creativity; art works!
  *Shruti Sharma, USA*

**Sing loudly!**
- It’s socially acceptable screaming.
  *Tiffany Phu, USA*
- Rescue a dog, catalyst for joy.
  *Matt Joseph Kuhn, USA*

**Regenerate neurons by exercising. Start yesterday.**
*Athanasia Nikolau, Germany*

**Do something that brings joy daily.**
*Carson Alice Wills, USA*

**Beer tastings count as field research.**
*Beth McKinnon Adamowicz, USA*

**Watch kitten videos during conference calls.**
*Aric S. Campling, USA*

**Cultivate community**
- Chilling with friends makes me fireproof.
  *Vanessa Karina Alves da Silva, UK*
- Work with people who respect you.
  *Marion White, USA*
- Tell your supervisor about your feelings.
  *Clara del Junco, USA*
Set intentional goals
Find permanent positions with permanent funding!
Sacha Escamez, Sweden
Find work that fits your personality.
Robert P. Tett, USA
Share long-term ambitions with collaborators.
Yuta Igarashi, Japan
Define your target.
Focus on it.
Allison Matia, USA
Set relevant, achievable, and short-term goals.
Marcela Viviana Nicora, Argentina
Divide big projects into smaller tasks.
Lin Wang, France

Celebrate success
A glass of beer after brainstorming.
Luiz H. Varzinczak, Brazil
Dance, listen to music when stressed.
Karishma Shaik, India
Impromptu, solo dance parties to Toto.
Déna Jansen, South Africa
Recurring break to garden and hike.
Aminata Coulibaly, USA
Learn to enjoy the small successes.
Satyanarayana Subrahmanyan, India
Remember the wins and stay grateful.
Caitlin M. Aamodt, USA
Acknowledgment and celebrate team’s progress weekly!
Salma Kaochar, USA
Delight in the success of colleagues.
Catherine Carbone, USA
Find meaningful reward in the journey.
Carol Lee Wilkinson, USA

Maintain perspective
Try your best. Let it be.
Junxiang Cheng, China
Remember!
You are not your job.
Rachel Hale, New Zealand
Keep the big picture in mind.
Sarah Ch’ng, Australia
Recall why and how you started.
Jing Woei Li, Hong Kong
Have something more important in life.
Amanda Linnea Karolina Jonsson, USA
Love yourself more than your work.
Malory Rose Peterson, USA
Recognize burnout’s systemic, not personal failure.
Rachel Yoho, USA
See the inner child in everyone.
Joseph Michael Cusimano, USA
Focus on the joy of discovery.
Richard Gaughan, USA
Bonfire: Reviewer 2’s comments as kindling.
Colin Murphy, USA

Prioritize self-care
Mindful breathing, 15 minutes every day.
Oriana Jovanović, Hong Kong
Sleep! Even Einstein got 10 hours.
Josiah Dykstra, USA
 Appropriately titer your caffeine:ethanol ratio.
Kelvin Yen, USA
Invest in yourself and experiments equally.
Victoria Tokarz, Canada
Know limits; take care of yourself.
Ruwansha Galagedara, Sri Lanka
Resting creates space for great ideas.
Ingrid Olivares, UK
Internet-free day keeps burnout away!
Martin Schwarzer, Czech Republic
Regular breaks, including a postlunch nap.
Rambabu Korrapati, India
Talk with a mental health professional.
Cari Davidson Gandola, USA

Splurge
Indulge in guilty pleasures without remorse.
Yong Tang, USA
Give yourself permission to be selfish.
Howard M. Huynh, Canada
Ignore serving size suggestions on snacks.
Do Soon Kim, USA
Eat cake...Didn’t work?
Sachin Madhan, USA
Sugar is brain food. Keep snacking.
Emily Royse, USA
Coffee before lab. Goodbye, steady hands!
Mark Martin Jensen, USA
Ditch that coffee and just snooze.
Charles Teta, South Africa
Clean house. Just joking.
Netflix binge.
Ken Dutton-Regester, Australia
Conference in Hawaii. Don’t attend talks.
Soham Saha, USA
Deep breathing (if inhaling food counts)
Dhruv Patel, USA
Work actual contract hours, not weekends.
Klaudija Daugalaite, France
Honor and respect work-life balance.
Shahienaz Hampton, United Arab Emirates
Remember, “breakthrough” starts with a “break.”
Anne-Sophie Hafner, Germany
Thou shall not do it all!
Mac Kevin Ella Breeze, Philippines
Realize long hours don’t equal productivity.
Edward Lau, USA
Do not take on unnecessary responsibilities.
Evrim Fer, Turkey
The secret: Learn to say “No.”
Maria Romina Schiaffino, Argentina
Refuse to do what doesn’t matter.
Shervin Fatehi, USA

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