A PAUSE, A PRACTICE, A NEXT STEP

Burnout

Recovery may require changing the load.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Map the demands

List what uses the most time, energy, or emotional effort. Include invisible work such as caregiving, coordination, and constant availability.

01 / Notice and reflect

Which demands are most draining?

02 / Notice and reflect

What can realistically be reduced or shared?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek assessment for persistent fatigue, low mood, sleep disturbance, or impaired functioning. If you feel hopeless or have thoughts of suicide, seek immediate support rather than waiting for a break from work.

Read more: Mayo Clinic · Recognizing and addressing job burnout

More tools and immediate support: Our Healing Room / Crisis Support.