

KNOWING MY BURNOUT SIGNS



This worksheet helps you identify and address stress in your life. By recognizing how stress affects you, you can start using more self-care practices to avoid burnout. Use it for personal reflection or to discuss with others.

HOW TO USE:

- 1. List Impacted Areas:** Identify the areas of your life most affected by stress and write them in the black bubbles. Examples include relationships, mood, work, school, etc.
- 2. Fill the Colored Bubbles:**
 - **Green Bubble:** Describe what each area looks like when things are going well and you are at your best.
 - **Yellow Bubble:** Note the signs indicating that stress is becoming unmanageable in these areas.
 - **Red Bubble:** Detail the worst-case scenario or what it looks like if these stressors are not managed and lead to burnout.
- 3. Check-In and Prevention:** Use this worksheet regularly to check in on your well-being. Recognizing the early signs in the yellow bubbles can help you manage stress before it builds up.

EXAMPLE:

FRIENDSHIPS

texting people back, seeing a friend once a week, saying yes to invites to hang out

taking longer than normal to respond to texts and phone calls, avoiding seeing friends

several unread messages piling up, isolating

SELF-ESTEEM

Feeling confident, looking forward to taking on new things

Doubting myself, feeling like everything goes wrong, avoiding new things out of fear

feeling worthless, isolating to avoid judgment, lack of motivation and not taking care of myself

area of concern:				
	↓	↓	↓	↓
at my best:				
	↓	↓	↓	↓
it's getting bad:				
	↓	↓	↓	↓
worst-case scenario:				