

FROM BURNOUT TO BALANCE

Recognize your triggers. The next time you feel overwhelmed at work, or out of sync with your emotions, use this template to check how you can navigate from feelings of burnout to a renewed sense of balance. Take the journey from an exclamation point (!) to a question mark (?) to a comma (,) or a full stop (.).

Burnout to Balance	What I feel (!)	Where I want to be (?)	How I will get there (.,)
Be aware	I feel I am reacting to everything!	What can I do to make myself more calm?	
Take a pause	I feel I am constantly working!	What can I do to take a pause?	
Communicate	I feel nobody understands me!	What can I do to state my needs clearly?	
Set boundaries	I feel I am being pulled into all directions!	What can I say NO to?	
Ask for support	I feel I have to do everything on my own!	Who can I ask for help?	
Prioritize health	I feel negative, overwhelmed, exhausted!	What can I do to take care of my body and mind?	

