

FIND OUT WHAT YOUR
BURNOUT CAN TEACH YOU



YOUR
COMPLETE
GUIDE

BURNOUT

Tracker

Burnout isn't the problem - it's your teacher.



BOES THERAPY SERVICES
HEALING FOR HEALERS

www.BoesTherapyServices.com



Welcome!

Living with Burnout is a pain (sometimes literally)...but you know that already. Since you're reading this I'll assume you know a lot about living with Burnout. What you might not know is that Burnout can teach you about what you are missing in your life. Burnout sucks to live with, but I find comfort in the fact that it at least teaches us how to heal it if we are willing to listen.

This **Burnout Tracker** can help you notice what Burnout might be teaching you about your boundaries, your body, your schedule, and maybe even about old wounds.

You can use this tracker printed or digitally - you do you, boo. Read through the common signs and symptoms of Burnout on page 3. Then, use page 4 each day.

Review your scores after a week (or month, your choice) and answer the questions on the review page (page 5).

Once you sense what your Burnout is teaching you, make some changes and compare your trackers to see if there is a difference. You can also bring your tracker and your reviews to your therapy sessions to make them more effective at addressing your Burnout.

Is there something missing from the Tracker? Add in your own metrics and ***make it your own!***

Lindsey
Boes
LMFT
AAMFT APPROVED SUPERVISOR

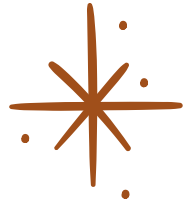


What Is (And Is Not) Burnout?

Let's clarify one thing right away: people can experience Burnout in many ways. When we limit our understanding of Burnout to only a handful of symptoms, we risk being in Burnout for weeks, months, or even years before recognizing it.

At its core, Burnout results from consistent stress in one or more areas of your life, including work, family, and other social connections. Burnout is NOT evidence of weakness, poor work ethic, or lack of moral fiber. It is a sign that your needs are not being met. This tracker is designed to help you notice these signs, track them, and make changes to better meet your needs.

Let's explore some symptoms of Burnout while remembering that this is not an exhaustive list:

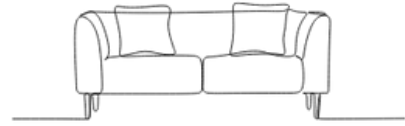


Burnout Can Look Like...

- Chronic fatigue, rarely feeling rested
- Not being able to get to sleep, stay asleep, or wake up easily
- Hopelessness
- Lack of motivation
- Not keeping up with external demands such as housework, paperwork, errands, etc.
- Feeling like a failure
- Resentment
- Irritability
- Numbness or numbing behaviors
- Compassion fatigue
- Agreeing to even more responsibilities
- Dread going to work or going home
- Forgetfulness
- Not responding to friends and family who reach out
- Feeling the need to work harder, do more, and prove yourself
- Taking on more responsibilities than you already have
- Neglecting your own needs (water, sleep, movement, rest)
- Conflicts with others
- Denial of Burnout existing
- Losing yourself - your identity lies fully in your responsibilities
- Despair and self-hatred
- Depression
- Anxiety
- Shame
- **How Else Do You Notice Burnout?**

BURNOUT

Tracker



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DATE: / /

S M T W T F S

BURNOUT SYMPTOMS I HAD TODAY:

1. _____
2. _____
3. _____

WATER INTAKE:



MOOD:



MY SLEEP LAST NIGHT WAS:

MY NUTRITION TODAY WAS:

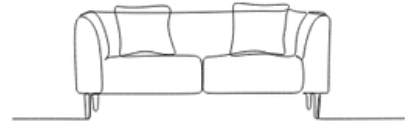
MY BODY FELT:

WHAT WAS ON MY MIND TODAY:

BURNOUT IS TELLING ME I NEED:

BURNOUT

Review



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MONTH/WEEK:

MY MOST COMMON BURNOUT SYMPTOMS:

1. _____
2. _____
3. _____

MY AVERAGE WATER INTAKE:



MY AVERAGE MOOD:



MY AVERAGE SLEEP WAS:

MY AVERAGE NUTRITION WAS:

MY AVERAGE BODILY FEELINGS:

WHAT WAS ON MY MIND THE MOST:

BURNOUT TAUGHT ME I NEED TO PRIORITIZE:
