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FIND OUT WHAT YOUR  
BURNOUT CAN TEACH YOU



★  
YOUR  
COMPLETE  
GUIDE

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# BURNOUT

*Tracker*

Burnout isn't the problem – it's the key to the  
*solution!*



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# Welcome!

Living with Burnout is not fun...but you know that already. You might not know that Burnout can teach us about what we need in our lives. Pretty cool, right?

Here's how this Burnout Tracker can help you notice what Burnout might be trying to teach you about your boundaries, your body, your schedule, and maybe even about old wounds that haven't healed.

Read through the common signs and symptoms of Burnout. Use the first page of the tracker (page 4 in this packet) each day. I recommend doing a week at a time, but you can do monthly if you prefer. Review your scores after the week/month and answer the questions on the review page (page 5).

Once you get a sense of what your Burnout is teaching you, make some changes and use the tracker and review pages to see if there is a difference.

You can also bring your tracker and review to your therapy sessions to make them more effective at addressing your Burnout.

*Let's begin...*



# What Is (and is not) Burnout?

Let's get one thing cleared up 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 is the result of 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 this is not an exhaustive list:



# Burnout Can Look Like...

- Chronic fatigue, rarely feeling rested (speaking of exhaustion)
- 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
- 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:



## WHAT WAS ON MY MIND TODAY:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MOOD:



## MY SLEEP LAST NIGHT WAS:

\_\_\_\_\_

## MY NUTRITION TODAY WAS:

\_\_\_\_\_

## MY BODY FELT:

\_\_\_\_\_

## BURNOUT IS TELLING ME I NEED:

\_\_\_\_\_

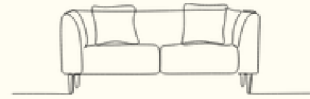
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\_\_\_\_\_

# BURNOUT

*Review*



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MONTH/WEEK:

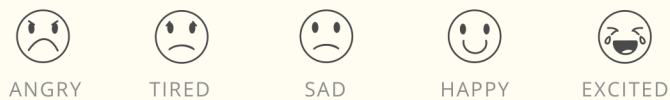
## MY MOST COMMON BURNOUT SYMPTOMS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## MY AVERAGE WATER INTAKE:



## MY AVERAGE MOOD:



## MY AVERAGE SLEEP WAS:

## MY AVERAGE NUTRITION WAS:

## MY AVERAGE BODILY SENSATIONS:

## WHAT WAS ON MY MIND THE MOST:

## BURNOUT TAUGHT ME I NEED TO PRIORITIZE: