



Burnt Out: OK, Now What? Handout

Identify where your energy is going out and how it is restored.

Get a piece of paper and draw a circle in the center to represent you. Draw an arrow going out from the circle for each person or activity that you put forth effort. Draw an arrow going towards the circle for each activity or person that gives something positive back to you. Draw arrows that go both ways, where you put forth effort and also receive positive in return.

- ❖ Name the tasks that you engage in where you invest your energy and effort. For example, caring for your home, family, or job.
- ❖ Identify what you do each day to care of yourself. For example, enjoying a hot shower, making a nice meal, taking a walk, or daydreaming.
- ❖ Identify the people that you invest in.
- ❖ Identify the people that invest in you.

Is the energy going out and energy coming in out of balance?

What may help you manage the burnout?

- ❖ Complete the above exercise. Become more aware of energy going out and coming in. Consider if you are out of balance.
- ❖ Consider how you can carry out your tasks to make them easier or more efficient.
- ❖ Consider how you may share your responsibilities with others. Explore how to get more help with your responsibilities.
- ❖ Can you change the expectations you have of yourself? Are you trying to be perfect or trying to do it all alone?
- ❖ If you feel trapped with responsibilities try to remember that you do have a choice. Decide for yourself what you choose to commit to.
- ❖ Treat yourself with some kindness, compassion and care.
- ❖ Slow down, take a breath and pay attention to what you are doing in the moment.



- ❖ Accept where you are right now. Avoid dwelling on the past or longing for or worrying about the future.
- ❖ Recognize what contributes to a moment of happiness, comfort and fulfillment each day.
- ❖ Pay attention to what you are already doing for “self-care.” It isn’t always about doing more. It is about paying attention, appreciating and relishing those moments that do happen so that you extract all you can from them.
- ❖ Recognize your sources of social connection. Appreciate the people in your life. Grow your sources of social connection and support.
- ❖ Check your attitude. Stop short or cut off negative internal dialogue. Negative self-talk only drags you down.
- ❖ Take time each day to identify what you are grateful for. Be kind and compassionate towards yourself, others and to the world around you.