

Burnout Signals Check-In

A practical check-in to notice early burnout signals. This is not a test - it is information.

1) Body signals

- Sleep: difficulty falling asleep or waking unrefreshed
- Energy: tired even after rest
- Head/body tension, frequent headaches, or heaviness

What do I notice in my body today?

2) Mind signals

- Difficulty focusing, forgetfulness, decision fatigue
- Racing thoughts or mental fog
- Increased worry or irritability

What do I notice in my mind today?

3) Work and motivation

- Procrastination where you used to act quickly
- Dreading meetings or tasks
- Doing the minimum just to get through

What feels hardest at work right now?

4) Relationships and emotions

- Low patience, snapping more easily
- Feeling numb or emotionally flat
- Avoiding messages or people

What is happening socially or emotionally?

5) One recovery move for the next 48 hours

Choose one small recovery action you can protect.

My recovery move:
