ADULTS | EDUCATIONAL GUIDE

Burnout Prevention Guide



WHAT THIS IS

Burnout is exhaustion from prolonged stress, often at work or in caregiving. It builds slowly, so catching early signs matters.

HOW TO USE IT

1. Check the signs you notice.
2. List what drains and what recharges you.
3. Make one change this week.

EXAMPLE

"Drains: back-to-back meetings. Recharges: lunch outside. Change: block a 30-minute lunch."

Early warning signs

- [ ] Constant exhaustion
- [ ] Dreading work or tasks
- [ ] Cynical or detached
- [ ] Feeling ineffective
- [ ] Irritable
- [ ] Trouble sleeping
- [ ] Getting sick often
- [ ] Losing joy in things

Prevention toolkit

- [ ] Set work hours
- [ ] Take real breaks
- [ ] Say no to extras
- [ ] Ask for help or delegate
- [ ] Move your body
- [ ] Protect sleep
- [ ] Time with people you like
- [ ] Hobbies outside work

What drains me

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_____

What recharges me

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_____

One change I will make this week:

_____

_____

If exhaustion, hopelessness, or low mood are lasting, talk with a doctor or licensed mental health professional.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.