Burnout and Managing Stress Worksheet

*Burnout is a state of emotional, physical, and mental exhaustion caused from prolonged stress. It is similar to the idea of a nervous breakdown. People will work so hard to stay productive but in turn neglect the work that needs to be done to work on and take care of themselves. This worksheet is to help you in your burnout and recover by managing your stress.*

Journal Prompts:

1. What aspects in my life have been causing the most burnout lately?
2. What changes do I need to make in my life?
3. What expectations are unrealistic at the moment?
4. What are things that are out of my control?
5. Who can I reach out to for guidance on managing my burnout?

Ways to Manage My Stress:

 Everyday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 Every Week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Make 2 affirmations you will repeat to yourself 10 times everyday to help mediate your stress: