

The Beating Burnout Action Plan



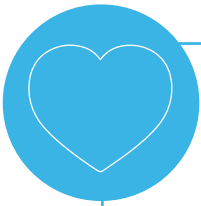
What was just for me today?

As much as you are giving to everybody else, what are you giving to yourself? You must consciously choose to do something for yourself each day in order to keep your own energy levels high.



Did I express myself today?

One of the symptoms of burnout is keeping your emotions to yourself. Prepare what you want to say and who you want to say it to, so that you feel confident in your words and are able to express yourself confidently.



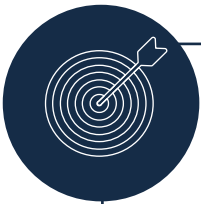
Did I share today?

Burnout builds slowly, but its effects can be long-lasting. It is important to release our thoughts and feelings. Tell somebody you trust, whether a friend, family member, manager, colleague or paid professional, about how you are feeling. Shining a light on your emotions will help to relieve any stress you might be feeling.



What am I doing tomorrow?

To avoid burnout, try not to think too far ahead and stay present in the moment. Stay focused on today and allow yourself only to think about tomorrow. What is coming up for you? What do you need to do today to feel prepared for tomorrow?



Your Action Plan

Today I will do this just for me

Today I will express myself in the following way

Today the person I will share with is

The one thing I can expect tomorrow is