

Burnout Symptom Tracker & Checklist

Early Signs of Burnout

- Constant fatigue, even after rest
- Loss of motivation or enjoyment in activities
- Increased irritability and cynicism
- Trouble sleeping (falling or staying asleep)
- Decreased focus and productivity
- Physical symptoms: headaches, stomach issues, rapid heartbeat
- Emotional detachment or isolation from others

Weekly Burnout Check-In

Rate yourself from 1 (not at all) to 5 (very much) on the following:

- I feel physically exhausted.
- I find it hard to concentrate.
- I feel emotionally drained.
- I struggle to stay motivated.
- I experience physical symptoms like headaches or stomach problems.
- I feel detached from people or tasks.

Self-Reflection Prompts

- What are my biggest stress triggers right now?
- How often do I feel joy, calm, or peace?

- What small things am I neglecting that once made me happy?
- Have I said "yes" too often when I meant "no"?

Small Recovery Actions

- Take 10-minute breaks every 90 minutes
- Set boundaries around work and personal time
- Reach out to a trusted friend or therapist
- Schedule one enjoyable activity each week
- Practice deep breathing or mindfulness for 5 minutes daily