

## **Am I Getting Burned Out?**

Instructions: Put a check next to the areas you feel you are doing well. For those you did not check, make small adjustments at a time to help prevent stress and burn out.

\_\_\_\_ Find balance

Too much of anything, even a good thing, can be bad. Find a way to balance the time you devote to yourself, your relationships, your job, and your commitments to avoid feeling burned out by one thing or another.

\_\_\_\_ Add variety to your routine

While routine is important, constant repetition of the same activities can sometimes lead to feeling burned out. Keep in mind there are ways to add variety, without major adjustments to your routine.

\_\_\_\_ Get your “me time” in

Between work, school, family, and chores, time for yourself is usually the first to go. Make self-care a priority and schedule time each day for yourself.

\_\_\_\_ Work out, eat right, and get plenty of sleep

Your physical health and emotional health are linked so minimize your chances for burn out by taking care of your health. Feelings of fatigue and irritability are warning signs you may need to pay more attention to your health.

\_\_\_\_ Think positively

Negativity will spread like a disease so pay attention to your own thoughts, as well as the comments of others around you. One negative person can quickly infect the group, bringing down morale and robbing the joy from others.

\_\_\_\_ Remain self-aware

Being self-aware refers to paying attention to your own thoughts, feelings, and physical symptoms. Being busy, it's easy to ignore the signs of impending burn out and stress, but eventually you will experience fatigue, difficulty concentrating, and irritability.

\_\_\_\_ Build a support system

Whether it's family, friends, community, church, or paid help, you need people around you for support. You will eventually need someone in your life who will be there for you when you need them, that you can trust and depend on.