

Burnout Recovery Checklist

A gentle self check-in — notice what's true for you right now

EMOTIONAL SIGNS

- ☐ I feel numb, flat, or disconnected from things I usually enjoy
- ☐ I've been more irritable or short-tempered than usual
- ☐ I feel cynical, negative, or easily overwhelmed
- ☐ I feel like I'm just surviving, not living

PHYSICAL SIGNS

- ☐ I'm tired even after a full night's sleep
- ☐ My sleep has been disrupted (too little or too much)
- ☐ I've noticed headaches, tension, or stomach issues
- ☐ I'm getting sick more often than usual

BEHAVIORAL SIGNS

- ☐ I'm withdrawing from friends or canceling plans
- ☐ I've stopped doing things that used to recharge me
- ☐ Small tasks feel disproportionately overwhelming
- ☐ I'm procrastinating more than usual

How many did you check?

1–4: You're managing, but worth keeping an eye on things. 5–8: You're likely running low — this is a good time to start recovering. 9+: You're deep in burnout. Be extra gentle with yourself and consider extra support.

Your Recovery Next Steps

Small, doable actions — pick one and start there

- 1 Name it. Acknowledge you're running on empty — no judgment.
- 2 Protect one block of true rest this week (no phone, no to-do list).
- 3 Set one small boundary you've been avoiding.
- 4 Reconnect with one thing that used to bring you joy, even briefly.
- 5 Move your body gently — a walk counts.
- 6 Say no to one non-essential thing this week.
- 7 Talk to someone you trust about how you're really doing.
- 8 Revisit this checklist in two weeks and notice what's shifted.

Notes to myself:
