

Burnout Prevention Plan

Looking After My Wellbeing

Burnout often develops gradually. Taking time to recognise the signs and create a plan can help protect your wellbeing.

My Current Stress Level (1-10)

My Energy Level (1-10)

My Biggest Sources of Pressure

Warning Signs That I May Be Near Capacity

- ☐ Poor sleep
- ☐ Irritability
- ☐ Feeling overwhelmed
- ☐ Reduced motivation
- ☐ Difficulty concentrating
- ☐ Increased anxiety
- ☐ Withdrawal from others
- ☐ Other:

What Helps Me Recover and Recharge?

Three Actions I Will Take

- 1.
- 2.
- 3.

People I Can Turn To For Support

Review Date: