Burnout check-in and recovery plan

Notice the early signs of burnout, see what is draining and refilling you, and plan small changes for the next two weeks.

NAME

DATE

DATE

HOW I FEEL THIS WEEK, IN A FEW WORDS

Sign	Not at all	Some	A lot
Tired even after sleep			
Hard to start or focus			
Feeling detached or cynical about school			
Irritable			
Skipping meals or sleep			
Dropping things I enjoy			

Draining me	Refilling me

One thing I will drop or delay for two weeks

One thing I will add back

Who I will tell, or what support I will book

If you feel this way most days, talk to your campus health or counselling service or your doctor.