

# WEEK 36 of #YOUR2024STORY

## Journal Prompt: *Reflecting on Burnout*

### Symptoms and Solutions

#### *Journal Prompts:*

##### ***Emotional Exhaustion***

How have my emotions changed recently? Do I feel more irritable, anxious, or detached than usual? When was the last time I felt genuinely excited or passionate about my work or daily activities? Are there specific situations or interactions that consistently drain my emotional energy? How can I create more opportunities for activities that recharge me emotionally?

##### ***Physical Exhaustion***

Have I noticed any changes in my sleep patterns or quality? How does this affect my daily energy levels? Are there physical symptoms I'm experiencing more frequently (e.g., headaches, muscle tension, digestive issues)? How has my appetite or eating habits changed recently? What small, daily physical self-care practices can I implement to boost my energy?

##### ***Mental Exhaustion***

Do I find it harder to concentrate or make decisions than before? In what situations? How often do I feel overwhelmed by my to-do list or daily responsibilities? Are there recurring thoughts or worries that occupy my mind and drain my mental energy? What strategies can I use to give my mind regular breaks throughout the day?

##### ***Identifying Patterns and Situations***

What situations or tasks consistently leave me feeling drained or stressed? Are there specific times of day or days of the week when I feel most vulnerable to burnout symptoms? How do my relationships (personal and professional) impact my energy levels and overall well-being? What patterns in my work or personal life might be contributing to feelings of burnout?

##### ***Strategies for Change***

What boundaries can I set to protect my time and energy? How can I delegate or ask for help with tasks that are particularly draining? What self-care practices have been effective for me in the past? How can I incorporate them more regularly? Are there any skills I can develop or resources I can access to better manage my workload or stress levels? How can I create a more supportive environment at work and home?

***What is one small change I can implement today to start addressing my burnout symptoms?***