

Self-care plan for:		Date:	
Currently I am taking care of myself in these ways:		A preventative self-care habit I am strengthening is:	
Physically			
		Benefits:	
		Obstacles:	
Spiritually			
		Solutions:	
Socially		Start Date:	Re-evaluation Date:
		+++++	
		My recovery plan is:	
Emotionally		Benefits:	
		Obstacles:	
Cognitively			
		Solutions:	
		Start Date:	Re-evaluation Date:
I will enlist the help of support from		to hold me accountable to my goal. I will also seek encouragement and	

Today, I commit to
I want to do this because
I will accomplish this by

RECOGNIZE - What does burnout look like for me?

Potential warning signs & symptoms - mark those that apply to you and add others that are unique to you.

Animosity toward others	Lack of energy	Getting sick more often	Inability to concentrate	Sense of failure	Frequent pain (headache, back ache, stomach ache)	Lack of sense of control	Self-medicating with alcohol/drugs	Declining social invitations
Procrastinating	Bored	Overloaded	Helpless	Exhausted	Overwhelmed	Trapped	Defeated	Insomnia
Change in appetite	Loss of motivation	Skipping work	Decreased satisfaction	Retail "therapy"	Increased sarcasm	Loss of sex drive	Sense of failure	Too much sleep
Withdrawing	Irritable or grumpy	Making poor decisions	Overeating	Inability to make decisions	Self-doubt	Cynical	Tired	Animosity toward self
Chronic lateness	Forgetfulness	Unable to relax	Constant worrying	Negative Outlook				

PREVENT

I know that when I stop doing

or taking care of

I am starting down the path to burnout

RECOVER - The best ways for me to recover

Physically

Socially

Spiritually

Emotionally

Cognitively