

My Burn Out Prevention Plan

Changes in thoughts, feelings, & behaviors when I begin to struggle

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If I have stressful thoughts, I can... (Fill in each space with 2+ activities)

Physical activities such as walks, work outs, yoga, etc.

1. 3.

2. 4.

Quiet, calming activities such as warm baths, journaling, meditating, etc.

1. 3.

2. 4.

Concentration activities such as watching Netflix, reading, cooking/baking, etc.

1. 3.

2. 4.

5 things to live for:

1.

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2.

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3.

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4.

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5.

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People & places to distract me

1.

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2.

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3.

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4.

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5.

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My Burn Out Prevention Plan

If doing things for myself does not help, I can reach out to others.

- a. Share feelings & thoughts with a friend or family member.
- b. Write down, tell, or text to a friend or family member, something/someone that I am grateful for three times per day.
- c. Something I can do to help someone else or a cause I'm passionate about right now:

Four friends or family members I can call or text to help make me feel better (Names & Phone numbers):

1. -----

2. -----

3. -----

4. -----
