

# Self-Care and Burnout Check-In

## English Reflection Tool

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### Pause

Rate each area from 1 (steady) to 5 (needs immediate attention): sleep, energy, focus, patience, emotional load, workload, connection, and recovery time.

### Notice

What has changed in the last two weeks? What am I carrying that is not mine alone? What task, conversation, or expectation is creating the most strain?

### Choose one action

Reduce or renegotiate one demand. Ask for supervision or support. Protect one recovery block. Use an employee or community resource. Schedule professional care when needed.

### Set a boundary

Complete this sentence: "To keep helping safely, I need to..."

### Urgent support

If you or someone else may be in immediate danger, contact local emergency services or an official crisis service. This reflection tool is not a clinical assessment.