

BURNOUT AWARENESS AND ACTION PLAN

<u>SAMPLE</u>	Thoughts	Behaviors	Sensations/Feelings	<u>Skillful Responses</u>
Green	<p>Thinking of work fondly</p> <p>Contemplating new interests</p> <p>I should host a dinner, start a new project.</p>	<p>Exercising most days</p> <p>Playing with my kids</p> <p>Joking, seeing humor in mistakes</p>	<p>Calm, compassion, excitement, humor, wonder, gratitude, openness to fuller range of emotions (e.g. sharing sadness)</p>	<p>Mini-breaks during day, breathing, yoga, time with friends, hobbies outside of MH, daily meditation</p>
Yellow	<p>Blaming others</p> <p><i>People can't drive in Utah, must hurry to get work done, I should make myself work out, When are my kids going to bed? Obsessing on errors</i></p>	<p>Rushing through tasks</p> <p>Being late</p> <p>Losing items</p> <p>Netflix binges</p> <p>Increased mistakes,</p>	<p>Impatience, frustration, fatigue, guilt, restlessness, neck tightness, distracted,</p>	<p>Compassion, reduced workload, mini-breaks, massage, walks btw sessions, cleaning house, radical acceptance, doing what works, setting a finish line, my own therapy.</p>
Red	<p>Judging other's behavior</p> <p><i>I'm failing at everything</i></p> <p><i>I can't handle this</i></p> <p><i>I just don't like people,</i></p> <p>questioning career, escape fantasies</p>	<p>Yelling at traffic, at my kids, not letting small things go, sighing a lot, waking up thinking of work, arguing with spouse</p>	<p>Shame, agitation, back pain, overwhelming fatigue, sadness, demoralization, pessimism</p>	<p>Taking a MH day, re-orienting to core values, compassion, intense exercise, solitude, getting outdoors, travel, <i>Come to Jesus</i> by a caring person</p>

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Green				
Yellow				
Red				