

Burnout Recovery Plan

A two-week reflection tool for exhaustion, reduced capacity, and recovery planning.

1. Name the pattern

Notice emotional exhaustion, dread, irritability, reduced confidence, disconnection, or needing longer to recover.

2. Map energy drains

Track which parts of work drain the most energy: volume, conflict, unclear expectations, emotional labour, lack of control, or interruptions.

3. Add recovery into the week

Pick two small repeatable recovery practices: protected lunch, a walk, decompression after work, or a boundary around messages.

4. Know when to book support

If burnout is affecting sleep, relationships, concentration, substance use, mood, or functioning, consider speaking with a clinician.

The support or adjustment I may need is:

This resource is educational and not a substitute for crisis, emergency, medical, or individualized clinical care. If there is immediate risk, seek urgent support.