My Burnout Map

Notice the signs, find the mismatch at work, and see what restores you.

Name: _____ **Date:** _____

1 Three signs, over the last month

Tick one box per row. Not a test, just a starting point for a conversation

What I notice	Rarely	Sometimes	Often
Drained or used up by work, even after rest	☐	☐	☐
Distant, cynical or numb about my job	☐	☐	☐
Less effective or less proud of my work	☐	☐	☐

2 Where is the mismatch?

Six areas of work life. Tick the fit, then write one example

Area	Good fit	Some strain	Big mismatch	One example
Workload	☐	☐	☐	
Control	☐	☐	☐	
Reward	☐	☐	☐	
Community	☐	☐	☐	
Fairness	☐	☐	☐	
Values	☐	☐	☐	

3 My early warning signs

Tick the ones that show up first for you

- ☐ Dreading Sunday nights
- ☐ Working late often
- ☐ Sleep problems
- ☐ Getting sick more
- ☐ Snapping at people
- ☐ Losing interest
- ☐ Skipping breaks
- ☐ Needing more to unwind

4 What drains me and what restores me

At work and outside work

Drains me: _____

Restores me: _____

One drain I could reduce: _____

5 My recovery week

Tick each day you had at least some of this after work

Recovery experience	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Switched off from work								
Relaxed								
Learned or mastered something								
Chose how to spend my time								

What I notice about my week: _____

_____

The recovery I want more of: _____

Original layout by Lotus & Tulip. A reflection and planning tool, not a test, a diagnosis or medical advice.

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My Burnout Recovery Plan

Change one thing you control, ask for one thing you do not, and protect recovery time.

Name: _____ **Date:** _____

1 One change in my control

Pick the area with the biggest mismatch. Keep the first step small

Area	The change	First step	When

2 One thing to ask for

Burnout is often about the job, not just you. What would help, and who can change it?

I will ask for: _____

Who and when: _____

What I will say: _____

3 My recovery menu

Two ideas for each kind of recovery. Small and doable this week

Switch off: not thinking about work

Relax: low effort, calm

Learn or master: a hobby or challenge

My choice: time I decide how to use

4 My limits

Clear lines make switching off easier

I stop work by: _____

I check messages only: _____

My breaks: _____

For therapists and clients

1. Not a test or a diagnosis. Burnout overlaps with depression, anxiety and physical health problems, so check with a doctor.
2. Look at the job as well as the person. Workload, control and fairness often matter more than willpower.
3. Recovery needs time off in your head, not only time off the clock. Plan it like any other task.
4. If low mood, hopelessness or exhaustion last most days for two weeks or more, talk to a clinician.

If you are thinking about suicide or feel unsafe, in the US call or text 988 now.

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