

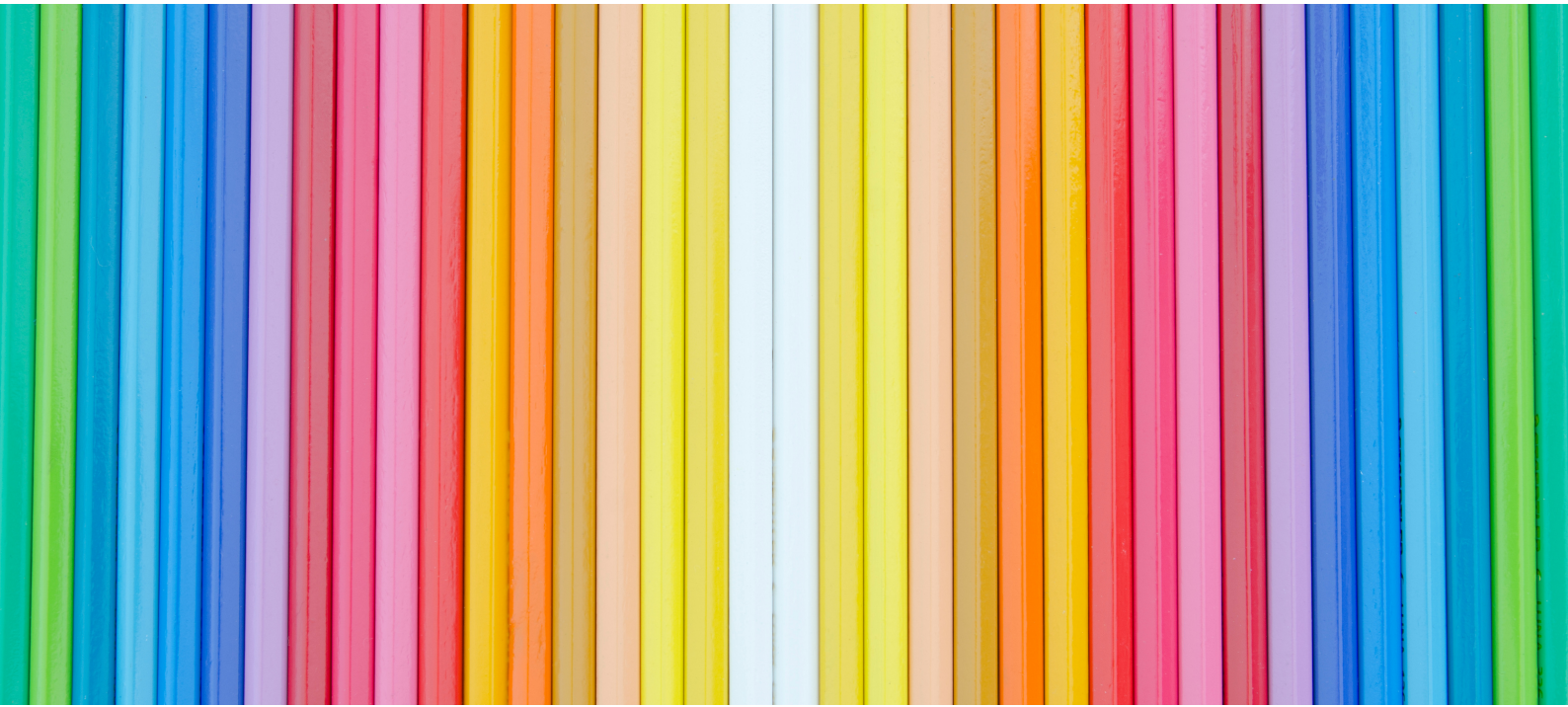
MODULE 1



the stages of burnout

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burnoutblueprint



01 the stages of burnout

Burnout is becoming an epidemic. But you're making a choice to understand why you're feeling what you're feeling. And... to do something about it.

Battling back, bouncing back and thriving is within your control. You just need the proper tools to make it happen.

This, is what this course, and this workbook is.

Each module is paired with a workbook. A place to take notes, to jot down ideas that might apply to you, and, in later modules, a flow chart to help you prioritize your recovery plan.

But sometimes, what you're experiencing might not be burnout. It could be anxiety, depression, an iron deficiency or more. We want to make sure you're getting the information you need to thrive, and sometimes that can be ruling out certain diagnoses with the provider who knows your individual needs. So please, take this information to your medical provider and have a discussion about it.

What's Causing Your Burnout?

It's hard to see the forest through the trees. Lay out all your frustrations here, so that you can start to see areas that need a bit of support. From areas of work, to your family, to friends. If it frustrates you, it goes here.

A large, empty, light yellow rectangular area intended for writing frustrations.

What Will You Be Motivated To Do?

Maybe you'd go for a walk, see your friends, have sex, feel energized.

Maybe you'd start to cook with more veggies, maybe you'd go on a date.

Maybe you'd want to tackle that project at work you've been avoiding...

What Are Your Supports?

You can't do it alone. Well, maybe you can... but that's not why you're here right?

You need supports. Add your current, and hopeful, supports into this page. If you're got an empty square, that's a sign something needs to come in.

physical

nutritional

boundaries

things I take

The Burnout Stages Symptom Picture

Check away & then read the notes on the next page for some additional information.

you may check more boxes as you move through the stages, this is an overall picture as to where you are most likely sitting in the burnout stages. please note, you can experience symptoms in different phases than you are in. this is a combination of genetics and nutrition playing a role.

stage 1

i'm productive at work
i enjoy my job
i get satisfaction from my work
i can work for hours without a break
i'm optimistic about my goals and career
i can make decisions easily
i say yes easily *
i take on additional responsibilities
i have time to enjoy my hobbies
i have motivation to do fun things
i feel valued by my work and at work

stage 2

i'm experiencing an energy crash in the afternoon **
i experience brain fog * ** **
i have a harder time falling asleep some nights * **
i find it harder to make decisions at the end of the day **
i don't wake up rested ** **
i have little appetite during the day * ** **
i'm starving in the evening ***
i jump at noises *
i scare easily *
i feel panicked often *
i hope that people cancel plans so i can rest ** **
i experience some frustration at my partner
i experience frustration at work about "little things"
i'm gaining weight ** **
i have words on the tip of my tongue ***

stage 3

i'm using more numbing behaviours * **
i'm experiencing strong mood swings * **
i'm feeling depressed **
i'm feeling apathetic **
i'm jumpy and anxious constantly * **
i'm always tired ** **
i get out of breath easily ***
i do not wake up rested ** **
i need multiple jolts of caffeine to wake up **
i'm experiencing a second wind at night
i'm waking up at night often *
i can't lose weight ** **
i'm starting to notice changes in my period * **
my hair is thinning ** **
i'm constantly craving salt and sugar ** **
i have a hard time remembering my to-dos * **
i'm finding it hard to make decisions **

stage 4

i'm angry a lot **
i'm overwhelmed and frustrated most days * **
i avoid most tasks **
i don't want to get out of bed ** **
i experience constant hormonal changes ** **
i experience no sex drive * ** **
my joints hurt ** **
i'm losing hair * ** **
i feel puffy all the time ** **
i cannot make decisions **

The Burnout Stages Symptom Picture

things you should talk with your medical practitioner about

I checked lots of *

this may mean you are experiencing symptoms of anxiety. you should talk with your medical practitioner about these symptoms.

I checked lots of **

this may mean you are experiencing symptoms of depression. you should talk with your medical practitioner about these symptoms.

I checked lots of ***

these changes may be symptoms of thyroid imbalances, b12 deficiencies or low iron. you should talk with your medical practitioner about getting blood tests completed to rule out these conditions.