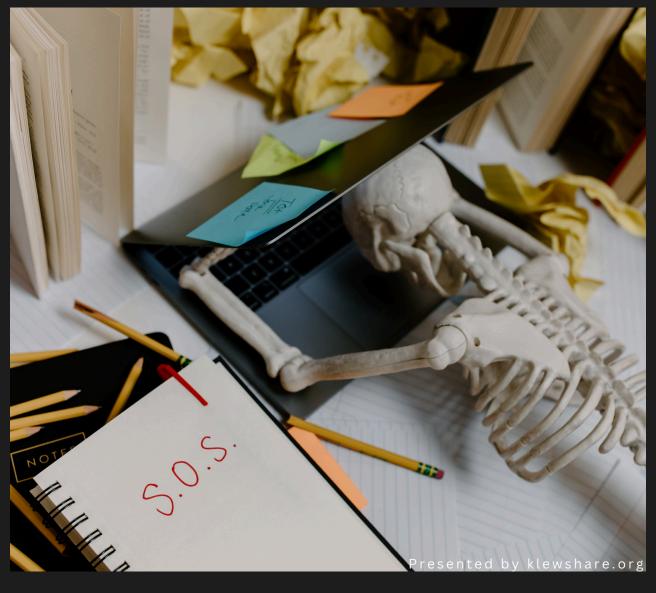
BURNOUT RECOVERY TOOLKIT

A Guide to Reclaiming Your Mental Energy





This workbook is not a substitute for professional mental health care.

Please consult a licensed therapist or healthcare provider for medical advice or treatment. The tools and activities within are intended for self-reflection and general support, not diagnosis. Always seek the advice of a qualified professional with any questions you may have regarding a mental health condition.

- Livilson the author for klewshare.org

LET'S GET STARTED!



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BONUS: 5-DAY RESET CHALLENGE

SELF-CHECK

Use this simple self-check to identify signs of burnout. Circle the frequency that best reflects your experience over the past two weeks.

Statement	Never	Sometimes	Often	Always
I feel mentally and physically exhausted.				
I struggle to find motivation for tasks I				
I feel detached or emotionally numb.				
My sleep is disrupted (too much or too little).				
I feel overwhelmed, even by small things.				
I find myself withdrawing from people or activities.				

If you marked "Often" or "Always" for three or more, consider implementing rest and recovery strategies and speaking with a mental health professional.

MENTAL ENERGRY TRACKER

Track your energy and mood throughout the week to identify patterns and restore balance.

Day	Morning Energy	Midday Mood	Evening Stress Level	Notable Triggers or Highlights
Mon	□ Low □ Medium □ High			
Tue	□ Low □ Medium □ High			
Wed	□ Low □ Medium □ High	₩		
Thu	□ Low □ Medium □ High			
Fri	□ Low □ Medium □ High			
Sat	□ Low □ Medium □ High			
Sun	□ Low □ Medium □ High		€	



DAILY RESET PLAN

Take 5 minutes each morning or evening to complete this reset planner. Post this near your desk or bedside to keep your self-care plan in sight.





 One way I will rest or reset today:
 One boundary I will protect:
Today I will reconnect with:
My intention for today:





JOY & CONNECTION MENU

Choose one joy-builder or social reconnection activity per day.

Quick Joy Builders:

- * Step outside for 10 minutes
- 🔹 🎶 Listen to your favorite song
- Read a poem or short story

Micro-Connection Ideas:

- 📞 Call or text a friend
- 🔹 🐶 Spend time with a pet
- Write a short note or email of gratitude
- 🔹 👬 Smile and greet someone around you
- Attend a virtual support group or mindfulness session



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WHAT'S YOUR CUSTOM JOY & CONNECTION MENU?

Add your own joy-builder or social reconnection!

My Additions

1		
2		
3		
	6	

BUILD YOUR BOUNDARIES

Use this worksheet to define your healthy limits.

What drains your energy the most?
What time of day do you need protected time for yourself?
One digital boundary I will set:
One script you can use to protect
your time: "Thanks for reaching out.
I'm not available after [time], but I



Boundary Reminder Affirmation: "My time and energy are valuable. I do not have to explain or apologize for protecting my well-being."

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can connect [later time]."

RECONNECTION RESOURCES

A quick guide to healing tools and support:

Suggested Apps for Rest + Mindfulness:

- Calm
- Headspace

Mental Health Support:

• 988 Suicide & Crisis Lifeline

Therapy apps:

- BetterHelp
- Talkspace

Books:

- Burnout by Emily Nagoski and Amelia Nagoski
- Factor Me by Kellee-Ann Wilson
- Set Boundaries, Find Peace by Nedra Glover Tawwab

Free Tools:

• <u>klewshare.org/MHAM</u>





Rebuild your energy with this simple challenge. One small win per day.

- Day 1 Do nothing for 10 minutes. No guilt. Just rest.
- Day 2 Say "no" to one thing that drains you.
- Day 3 Try a joyful activity for 15 minutes.
- Day 4 Reflect: What gave me energy today?
- Day 5 Set one new boundary and affirm it.

You've made space to reset. Keep going.
You're warth the recovery!

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Liston the author

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