

BURNOUT WARNING SIGNS CHECKLIST

*Catch the signs **before** you crash.*

Pause. Breathe. Check in.

◆ PHYSICAL SIGNS

- ☐ I feel tired even after a full night's sleep
 - ☐ I get headaches, muscle tension, or digestive issues regularly
 - ☐ I feel wired but exhausted—like I can't shut off
 - ☐ I've been skipping meals or relying on caffeine/sugar to get through
 - ☐ My body feels heavy or slow
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◆ MENTAL SIGNS

- ☐ I have trouble concentrating or remembering things
 - ☐ Even simple decisions feel overwhelming
 - ☐ I start tasks and struggle to finish them
 - ☐ I've lost excitement for things I used to care about
 - ☐ My inner critic is louder or meaner than usual
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◆ EMOTIONAL SIGNS

- ☐ I feel numb, irritable, or on the verge of tears
- ☐ I'm more anxious or overwhelmed than normal



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- ☐ I feel resentful toward people or tasks that didn't used to bother me
 - ☐ I've been isolating or avoiding connection
 - ☐ I feel disconnected from myself or my values
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BEHAVIORAL SIGNS

- ☐ I scroll, snack, or binge-watch more than usual to escape
 - ☐ I've stopped doing things that nourish or ground me
 - ☐ I fantasize about quitting, disappearing, or just “not doing this anymore”
 - ☐ I keep saying “just get through this week”—every week
 - ☐ I'm ignoring signals from my body, intuition, or emotions
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IF YOU CHECKED 3 OR MORE:

You may be in the early stages of burnout.

That doesn't mean you've failed—it means your body is trying to protect you.



Consider these next steps:

- Create a “minimum effort” plan for the next 48 hours
- Reintroduce 1 grounding habit (walk, journal, stretch, silence)
- Set 1 boundary today (with time, tasks, or people)
- Reach out to someone who can support you

