

Pandemic Burnout Plan

Define Burnout: Burnout occurs with prolonged and repeated stress and shows up through mental, emotional and physical exhaustion. The traditional burnout is associated with work, but it can also be related to other areas of life¹

Signs of Burnout

- » What signs are you experiencing?
- » On a level 1-10 where are you on the burnout scale?
- » What signs are you seeing in those around you?

As a Leader (or even Friend, Co-worker, Parent, Spouse), how can you support others?

- » What shifts might you need to make in your energy?
- » How accepting are you of burnout?
- » Have you discussed burnout with the team?

Coping Tips

What might help you cope with burnout:

- » How kind are you being to yourself?
- » Who around you may need support?
- » What are simple changes you can make, or things you enjoy?
- » What can you plan to look forward to?

Take Action

Start with one or two, small changes that you can control. Such as:

- » What is one thing you can do this week to move that rating?
- » How and when will you address burnout with your stakeholders?

What is one thing you can do this week to be a better leader?

¹Source: <https://www.psychologytoday.com/us/basics/burnout>