

# Burnout Recovery Checklist

## Burnout Recovery Checklist

- Identify key sources of stress in your daily life
- Take at least one full day off to rest (no responsibilities)
- Re-establish or reinforce personal boundaries
- Practice daily grounding techniques (e.g., deep breathing)
- Prioritize sleep and reduce screen time before bed
- Journal your thoughts and emotional triggers
- Say 'no' to non-essential tasks or commitments this week
- Spend time doing something enjoyable without a goal
- Eat regularly and hydrate throughout the day
- Move your body gently (walks, stretching, yoga)
- Ask for help or talk to someone you trust
- Create a small daily ritual that brings peace
- Make a list of 3 things you're grateful for each evening
- Keep a 'done list' to track small wins
- Remind yourself: Recovery is not linear its progress, not perfection