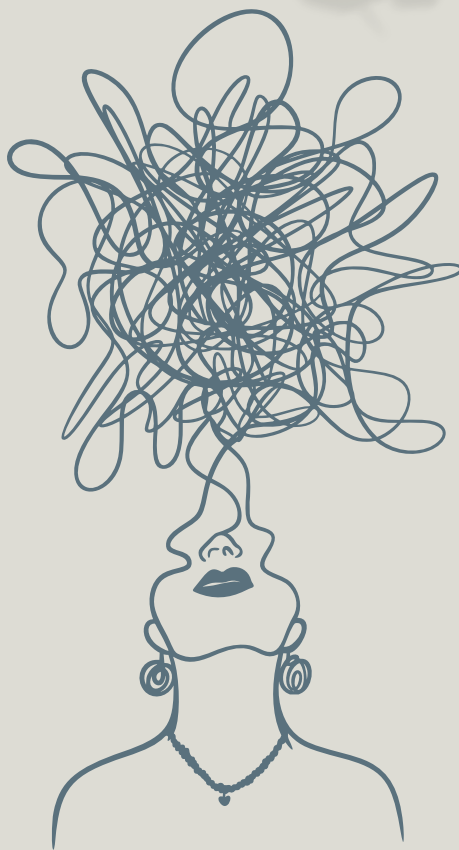


# BURN OUT



# WORKBOOK

COLLECTIVELY BRAVE

# JOURNALING PROMPTS

What is the biggest source of stress in my life right now ?

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How do I currently cope with it?

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Are there any specific stressors that keep reoccurring in my life?

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# JOURNALING PROMPTS

What type of rest do I currently need?

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How can I create boundaries in times of stress?

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Do I currently have the capacity to take on other people's stress?

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## TRY ME :)

Exercises to reduce stress within yourself.

Mark off whichever you would like to try to integrate into your life.

- Mindfulness Practices : pay attention to things you hear, see & touch
- Movement (any type that you like!)
- Limitations on certain types of information (i.e. social media, etc.)
- Reading an easy book
- Setting boundaries
- Pay attention to your shoulders and jaw and drop them whenever you think about it
- Give yourself quiet time
- Schedule regulated breathing during the day.
- Therapy is available
- Unpack stressful moments with someone you trust or on paper
- Others:



# PROMISES

**This month, I can pay attention to my stress by:**

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