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My
BURNOUT MAP

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Your burnout map



Burnout



Thriving



✓ What might you be saying, doing or feeling?

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Blank space for notes under the first question.

Blank space for notes under the second question.

Blank space for notes under the third question.

What moves you towards burnout?

✓ Things that others do

- What/who is triggering my stress response?
- Where is there conflict in my roles?
- What demands are being placed on me?

✓ Things that I do

- Which 'overplayed' strengths are tripping me up?
- What am I saying to myself?
- What is stealing my attention?
- What am I not doing?

What moves you towards thriving?

✓ Things that others do

- What little things make a difference?
- Who does it help to spend time with?
- What support do I most value?

✓ Things that I do

- What boundaries do I hold?
- How do I talk to myself?
- How do I look after myself?
- What do I prioritise?

Action plan

Choose a point on the map that means something to you (either where you are now or where an intervention could be most powerful). Ask yourself:

- ✓ What do I need most at this point?
- ✓ What questions do I need to be asking myself?
- ✓ What do I need to be noticing?
- ✓ What small actions can I take?
- ✓ Who specifically do I need to ask for help and what do I need to ask them?

The point I need to take action is called:

I will know I have reached this point by noticing:

Actions I could take if I reached this point:

One action that I commit to take if I reach this point is:

The best way other people can support me is: