



*Do the below activity to help you become aware of how you show up when you are not feeling fulfilled. What you can do to help guide you through these moments? Half the battle is to recognize when we are feeling out of alignment. The other half is to be proactive about getting ourselves back to a place that feels good!*

Signs that I'm starting to experience burnout:

Ways I can relieve stress:

People I can depend on for support:



Sources of professional support:

Music I can listen to help me relax:

Places I can go to feel happy or calm:

Positive Affirmations to remind myself of my value: