BURNOUT PREVENTION CART

Psychology for Burnout Prevention



individual

indoors

writing

30 mins

PURPOSE

SELF KNOWLEDGE

- awareness of life areas that affect the burnout process

MATERIALS

- colour markers, pencils or crayons, pen
- burnout preventing wheel" printed or draw on A4 paper

PREPARATION

- Quiet room

INTRO

The Burnout Preventing Wheel is about investing our attention and actions as equally as possible towards what is important. Imagine to sit on the "burnout preventing cart", that rolls on wheels, that are divided in slices, each representing one of the areas that prevent burnout.

BURNOUT PREVENTION CART:

STEPS

1. Take the "burnout preventing wheel" paper (see the image) and mark the line of the circle with the number you give to each slice, according to your current level of satisfaction with the given life area, consider that the centre represents 0 point, while the border represents 10 points,being 1 not much and 10 very much.

2. Observe the silhouette of the wheel when you finished marking & coloring all your slices, which represents where you are now. For the wheel to be able to roll smoothly it is needed to take care of all the areas, so they have similar height and the wheel wouldn't be stuck. Looking at your wheel: • What are the areas you could change to smooth the roll of the wheel? • What action plan can you formulate to change for one or more of these selected areas? • What support would you need to achieve these goals? How could you get this support?

3. Write your action plan, including the support needed, the way to get it and people who can help you with it.

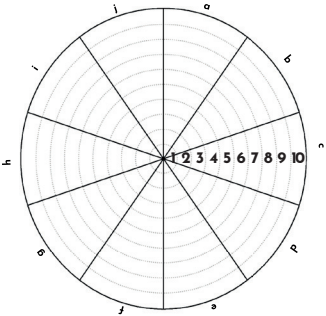
REFLECTION

• How was the experience of this exercise?
• In what way, this exercise supports your resilience building?

COMMENTS

If you feel the need for help in your changing process, please turn to a psychologist, counsellor or life coach.

BURNOUT PREVENTING WHEEL:



a- communication your needs, asking for help
b- cooperative relationships
c- conflict resolution, problem solving
d- changing habits
e- healthy lifestyle, selfcare
f- recharging, management of energy
g- calming yourself down, stress management
h- personal successes, balanced performance
i- own SMART goals, planning your future
j- being able to say no, managing your limits