



LEADING WITHOUT OVERWHELM: BURNOUT RESPONSE PLAN

An effective plan includes specific solutions to past, current and potential work-related issues. When an employee is involved with creating their own workplace plan, they'll be more committed to its success.

Sample questions from the **Healthy Leaders, Healthy Organizations Burnout Response Plan:**

What physical, emotional, and mental signs inform you that you are reaching your capacity?

What will allow you to be successful at your job and still have energy at the end of the day?

NOTES



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What do you need from the organization to support your success at work?

Who will you ask for support in the workplace?

How will you ask for support in the workplace?

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