



Willow Tree Wellness LLC

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Burnout Check-In for Educators & Helping Professionals

Burnout is not a personal failure — it is a response to prolonged stress, emotional labor, and lack of meaningful support.

This check-in is a gentle tool to help you pause, reflect, and notice how burnout may be showing up in your life.

Burnout Self-Check

Over the past few weeks, how often have the following been true for you?

Rate each statement from 0 (Never) to 4 (Almost Always), then total your score.

- I feel mentally or emotionally exhausted by my work.
- I wake up tired even after getting enough sleep.
- I feel disconnected or discouraged about my work.
- I question whether I'm really making a difference anymore.
- I struggle to concentrate or stay focused.
- I feel irritable, anxious, or emotionally overwhelmed.
- I carry work stress home with me.
- I feel unsupported or unacknowledged in my role.
- I feel pressure to keep going even when depleted.
- I have little energy left for myself.

Add up your total score : _____

Understanding Your Score

0–10: Managing, but still deserving of care.

11–20: Early signs of burnout may be present.

21–30: Burnout is likely impacting your well-being.

31–40: High burnout — additional support is strongly encouraged.

Burnout often shows up as exhaustion, hopelessness, irritability, or emotional numbness.

These are signals — not flaws. You were never meant to carry this alone.

10 Ways to Flip the Script on Burnout

These are not “do more” strategies.

They are permission-based shifts — small, realistic, and human.

1. Stop Waiting for the System to Give You Permission

🌿 The system may not change quickly. Your well-being can't wait.

2. Redefine Self-Care

🌿 Self-care isn't bubble baths — it's boundaries, rest, and honesty.

3. Put Your Oxygen Mask On First

🌿 You are not more effective when depleted. You are more human when supported.

4. Name What's Draining You

🌿 Burnout thrives in silence. Naming stressors reduces their power.

5. Lower the Bar (Intentionally)

🌿 Not everything needs your best energy. Some things just need “good enough.”

6. Build Micro-Rest into Your Day

🌿 Small pauses matter more than occasional escapes.

7. Separate Your Worth from Your Output

🌿 You are valuable even when you're tired, overwhelmed, or struggling.

8. Seek Community, Not Just Coping

🌿 Burnout heals faster in connection than in isolation.

9. Let Go of the Guilt Around Rest

🌿 Rest is not earned. It's required.

10. Ask for Support — Before You're at Empty

🌿 Support is a strength, not a failure.

A Gentle Next Step

If this check-in resonated with you, you don't have to figure out what comes next alone. Willow Tree Wellness was created to support educators and helping professionals who are carrying too much — and who deserve care, balance, and sustainable support.

✨ You're not broken.

✨ You're burned out.

✨ And burnout can be healed.

Click Here to visit our website and what we offer :

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 [willowtreewellnesscoaching](https://www.instagram.com/willowtreewellnesscoaching)