Global Grit

Journaling Prompts
TO BEAT YOUR BURNOUT

DR. NEETA BHUSHAN

"

Burnout is what happens when
you try to avoid being human
for too long.

Michael Gungor

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The human experience comes with its highs and lows. We know the down cycles will happen, but we don't have to get stuck in them! Sometimes it just takes a little reset to regain our motivation by hitting pause and checking in.

Take a few moments to get cozy and be present with yourself. Take note of your energy no matter what you're feeling, and start asking yourself some questions. Take a few deep breaths in and out. Let's do a few more deep breaths, close your eyes if you need to and connect back to yourself. Take a moment to place your hands over your heart. Honoring your time and connection back to you, right now. We can always find the nuggets of joy evening in our toughest moments and remind ourselves that we have all we need within to overcome our challenges.

➤ What are 2-3 activities that nourish you? What lights you up and fills you with joy?

➤ Come to terms with your emotions in this moment. What are you feeling right now? Let it all hang out.

➤ How have you dealt with previous challenges in your life?

➤ What or who has caused you the most stress, overwhelm, or anxiety lately?

➤ What are you doing when you're at peace?

➤ Who or what could support you the most right now?

➤ Where do you feel resistance, heaviness, or tension in your body?

➤ What is your coping strategy when you're going through a tough time? What are your addictions or vices (i.e. social media, working, working out, emotionally eating, gaming)?

➤ Make a list of all the things, people, activities that bring you more joy.

➤ What shows, instances, memories, people cause you to burst out loud with laughter?

➤ What will you commit to as a practice or ritual over the next 7 days that will reconnect you with yourself?

> Nobody's perfect, so give yourself credit for everything you're doing right, and be kind to yourself when you struggle.

Lori Deschene