

Self-Care, Stress, Management and Burnout Prevention 2025
Country Crossroads Counseling

<p>Signs of Burnout</p> <ul style="list-style-type: none">● Feeling drained, tired, or exhausted most of the time● Feeling overwhelmed and unable to cope● Reduced enthusiasm for activities once enjoyed● Increased irritability or anger● Isolation● Loss of motivation● Lack of focus● Feeling negative about ones life or job	<p>Tips to prevent or treat Burnout:</p> <ol style="list-style-type: none">1. Learn how to manage stress2. Practice Mindfulness3. Manage Time4. Set Goals5. Build Connections6. Make Time for Hobbies7. Detect Early Signs of Burnout8. Prioritize Self-Care9. Good enough attitude
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Burnout Check-In for Counselors: Rate each statement based on how often it feels true for you lately.

- 0 = Never**
- 1 = Rarely**
- 2 = Sometimes**
- 3 = Often**
- 4 = Almost Always**

Questions

1. I feel emotionally drained at the end of the workday.
Score: _____
2. I find myself feeling detached, numb, or less compassionate toward clients.
Score: _____
3. I struggle to “shut work off” mentally after hours.
Score: _____
4. I feel physically exhausted even after rest.
Score: _____
5. I feel overwhelmed by the emotional weight of helping others.
Score: _____

6. I have neglected my own self-care because I am focused on everyone else.

Score: _____

Total Score: _____ / 24 Scoring Guide

0–6

You are likely managing stress well right now.

Keep prioritizing healthy boundaries, rest, and self-care habits.

7–12

Mild signs of burnout may be developing.

This is a good time to slow down, check your boundaries, and recharge intentionally.

13–18

Moderate burnout risk.

Your mind and body may be asking for more support, recovery, and balance.

19–24

High burnout risk.

You may be emotionally and physically depleted. Increased support, rest, supervision, and self-care are strongly recommended.

Reminder

Helping others is meaningful work, but you matter too.

Taking care of yourself is part of being an effective helper.

Stress Management: The UP side to stress! It isn't actually that bad! It's a perception. You have a choice of how you react!

Your personalized stress management plan:

RETHINKING STRESS: Write down what's stressing you out!

1.
+ OR -
Solution:

2.
+ OR -
Solution:

What did you learn from your stress?

Start to change your mindset about stress! It can be a good thing!

Emotions Scale 1-10: When emotions are high, logic is low

Thought stopping: Picture a stop sign and say “NOT HELPFUL” Then change to a positive.

Meaning Activity:

List your most meaningful roles, activities, relationships, or goals.

What parts of your life are you most likely to feel joy, love, sense of purpose?

Would you also consider these things stressful at times?

We don't get to choose if an experience is a stressful or stress-less experience.

Why is this so important to you, what would life be like if you lost this important activity, relationships role etc?

Mindfulness practices and interventions

- While listening to a person speak, pause, take a deep breath while pausing with acceptance and curiosity and ask yourself what is happening right now, how am I feeling right now, and what might the other person be experiencing in this moment?
- Practice sending loving kindness towards yourself, a loved one, towards a neutral person, towards a challenging person and to all human beings.
- While transitioning to another part of your day, 1) Asking yourself, what is my experience right now? 2) Notice the sensation of each in and out breath 3) Expand your awareness towards your whole body with acceptance.

Gratitude exercise:

Think right now what you do have in life.

What is going well for you in life right now?

Name 3 things that you are grateful for.

Your Emergency Burnout Kit: 5-30 minute feel good wellness steps:

One small step you can take in the following areas

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Emotional	
Financial	
Social	
Spiritual	
Career	
Physical	