When Exhaustion Becomes More

A reflection worksheet for noticing emotional strain.

01 Notice what has changed

Stress does not look the same for everyone. Focus on patterns rather than a label.

- [ ] Feeling drained even after usual rest
- [ ] Less interest in activities or people
- [ ] Difficulty concentrating or making decisions
- [ ] Irritability, worry, sadness, or feeling detached
- [ ] Changes in sleep, appetite, or daily routines

What changes have I noticed, and for how long?

02 Name the demands

Consider responsibilities, uncertainty, caregiving, grief, work, and other pressures.

What has been taking the most energy lately?

This worksheet is for reflection, not diagnosis. Physical and mental health concerns can overlap; a qualified clinician can help evaluate persistent or worsening symptoms.

A Sustainable Support Plan

Choose one manageable next step, not a perfect routine.

03 What restores and what drains?

One source of relief or steadiness I can make room for

One demand I might reduce, share, postpone, or discuss

04 Ask for support clearly

A person or professional I could reach out to

What I could say: “I have been noticing… and I could use…”

05 My next step

Small action / when I will try it / when I will check in again

Seek professional advice if symptoms persist, worsen, or interfere with daily life. If immediate safety is a concern, call emergency services; in the U.S., call or text 988 for crisis support.