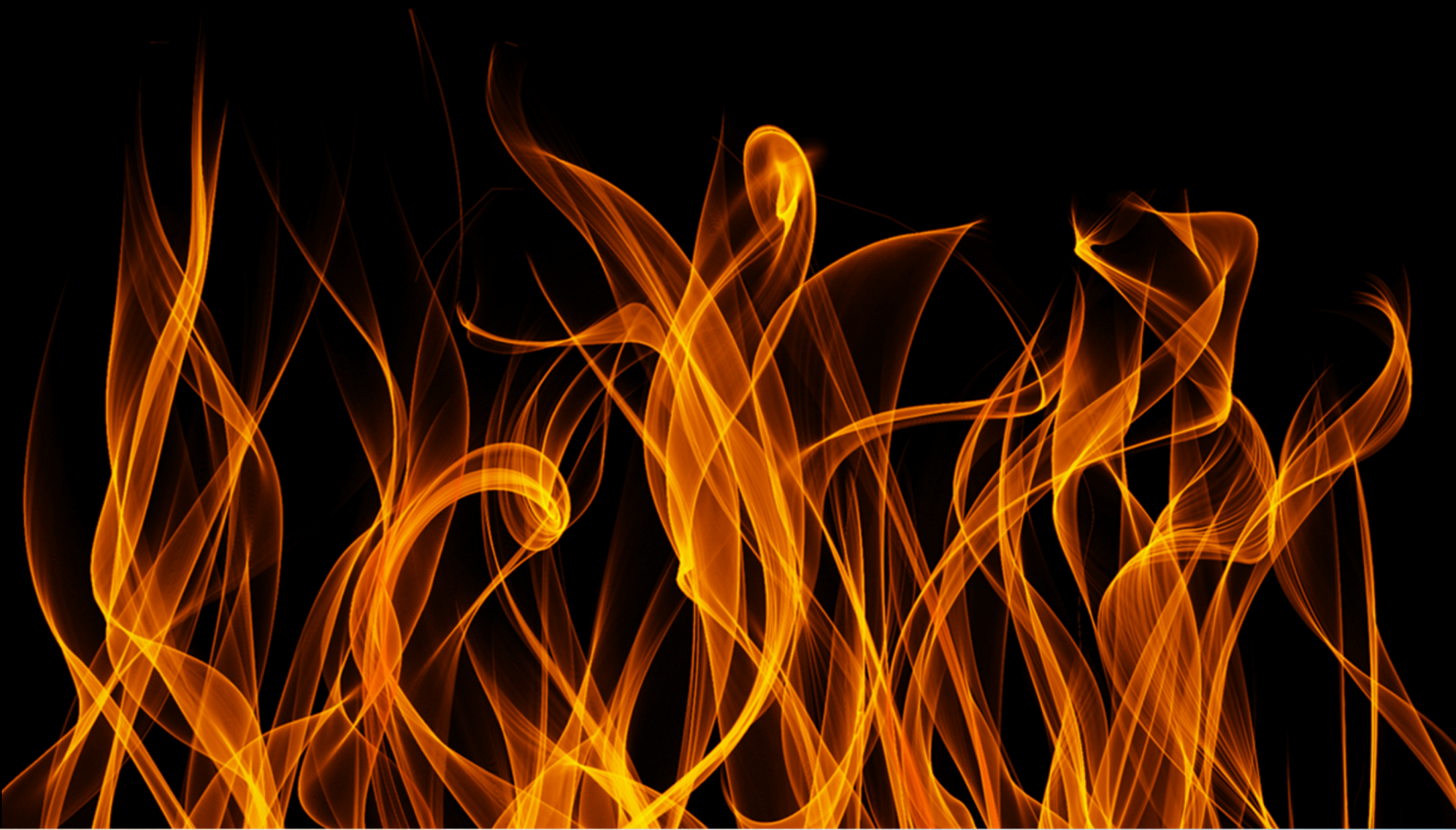


BURNOUT
BURN BRIGHT,
NOT OUT



BURN BRIGHT, NOT OUT: YOUR BURNOUT RECOVERY GUIDE

1. Understanding Burnout

What Is Burnout?

Burnout occurs when prolonged stress leads to physical, mental, and emotional exhaustion. It may manifest as:

- Loss of passion for your sport or art.
- Persistent fatigue or lack of motivation.
- Difficulty concentrating or performing at your best.

Common Symptoms:

- Chronic tiredness
- Increased irritability
- Sleep disturbances
- Diminished interest in previously enjoyable activities

2. Assessing Your Burnout Level

Take the Burnout Quiz to evaluate your current stress status.

Your results will indicate whether you're:

- Thriving
- Nearing burnout
- Requiring immediate intervention

3. Strategies to Mitigate Burnout

A. Recovery Techniques:

- Rest & Recharge: Incorporate regular breaks into your schedule, even brief ones.
- Set Boundaries: Learn to decline additional commitments when overwhelmed.
- Mindfulness Practices: Engage in daily breathing exercises or meditation for 5–10 minutes.

B. Rediscover Joy:

- Reflect on the reasons you love your sport or performance art.
- Pursue hobbies or activities outside your primary focus to diversify your interests.

C. Daily Energy Enhancers:

- Engage in gentle physical activities: walking, stretching, or dancing.
- Maintain a balanced diet and stay hydrated.
- Practice gratitude by noting three things you're thankful for each day.

4. Personalized Action Plan

Create a tailored plan to monitor your recovery:

- Recognize Burnout Indicators:
- (Example: Feeling unmotivated to train)
- Identify Recharge Methods:
- (Example: Journaling or listening to music)
- Set Weekly Objectives:
- (Example: Allocate one day off from practice for rest)

5. Building Support Networks

- Communicate: Share your feelings with a coach, parent, or trusted friend.
- Seek Professional Assistance: If burnout becomes overwhelming, consider consulting a mental performance coach or counselor.

"Even the most successful athletes and performers take time to rest and recover—it's part of staying at the top of your game."



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BURNOUT QUIZ

Instructions:

Rate how often you experience the following on a scale from 0 to 3:

- 0 = Never
- 1 = Sometimes
- 2 = Often
- 3 = Always

Quiz Questions:

1. I feel physically exhausted after practices or performances.
2. I dread going to practice, competitions, or performances.
3. I struggle to focus or stay motivated during training or rehearsal.
4. I feel frustrated or irritable with teammates, coaches, or myself.
5. I have trouble sleeping or feel tired even after sleeping.
6. I feel like my efforts aren't paying off or don't matter.
7. I've lost the joy I used to feel when performing or competing.
8. I feel like I don't have time to relax or do things I enjoy outside of my sport/performance.
9. I feel like I'm constantly under pressure to perform well.
10. I notice physical signs of stress, like headaches, muscle tension, or stom



Scoring:

0-10:

In the **Green Zone - Thriving**

You're managing stress well and staying energized!

11-20:

Yellow Zone - Approaching Burnout

You're feeling some signs of burnout, but it's manageable with small adjustments.

21-30:

Orange Zone - Burnout Risk

You're showing significant signs of stress and burnout. It's time to take action.

31-40:

Red Zone - Burned Out

You're likely experiencing severe burnout, which can affect your mental and physical health.

