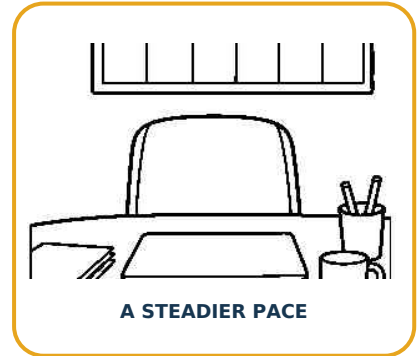
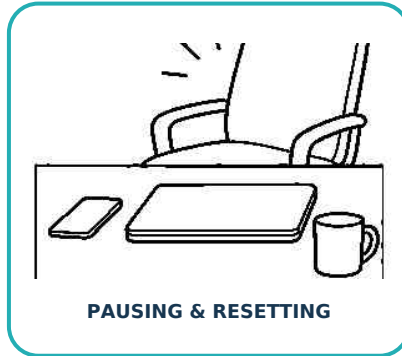
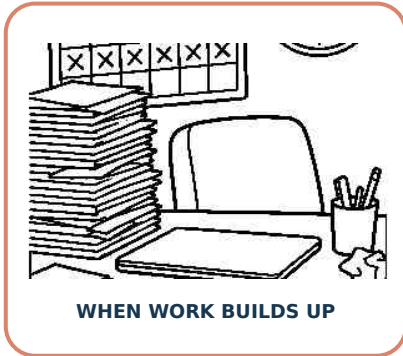


WORK BURNOUT & RECOVERY

A CALM COLOURING WORKBOOK



A gentle space to colour and notice how work is affecting you, what support could help, and what might make the next step feel more manageable.

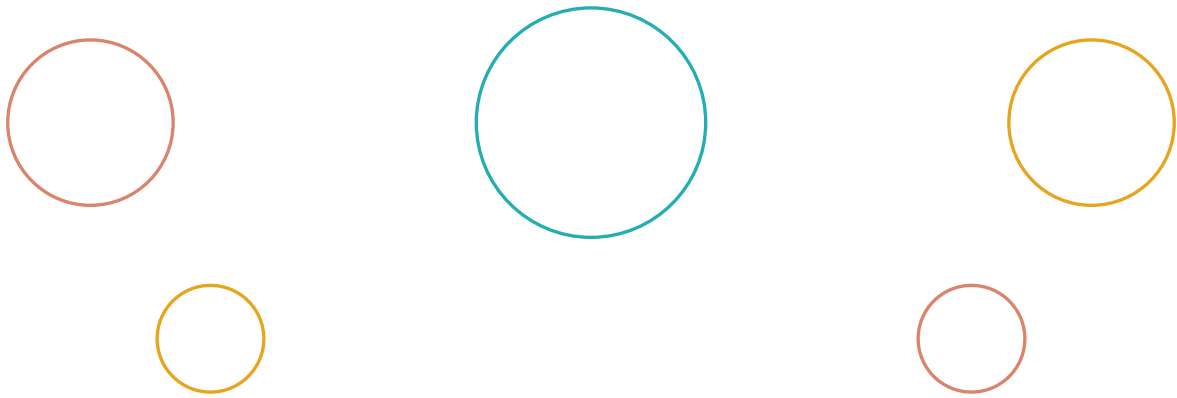
Use these pages in your own way

Burnout is not a personal failure. Work conditions, demands and support matter. Colour, write, skip a prompt or return another time; this workbook is not a test or diagnosis.

Noticing where I am

A gentle check-in, with no right or wrong answer

Sustained pressure at work can affect people in different ways. You may notice changes in energy, concentration, sleep, mood or how possible everyday tasks feel. This page is for noticing, not judging yourself.



What have I noticed lately?

- ☐ tiredness or low energy
- ☐ difficulty concentrating
- ☐ feeling tense or irritable
- ☐ work thoughts following me home
- ☐ less interest or motivation
- ☐ something else

These are experiences, not a diagnosis. I can write, colour, or simply notice:

One pressure I am carrying at the moment...

If this feels heavy, pause here. You do not need to solve it all on this page.

When work feels too much

Colour the scene and notice what is adding to the load

Some pressures come from workload, unclear expectations, limited control, poor support or competing demands. Not all of these are yours to fix alone.

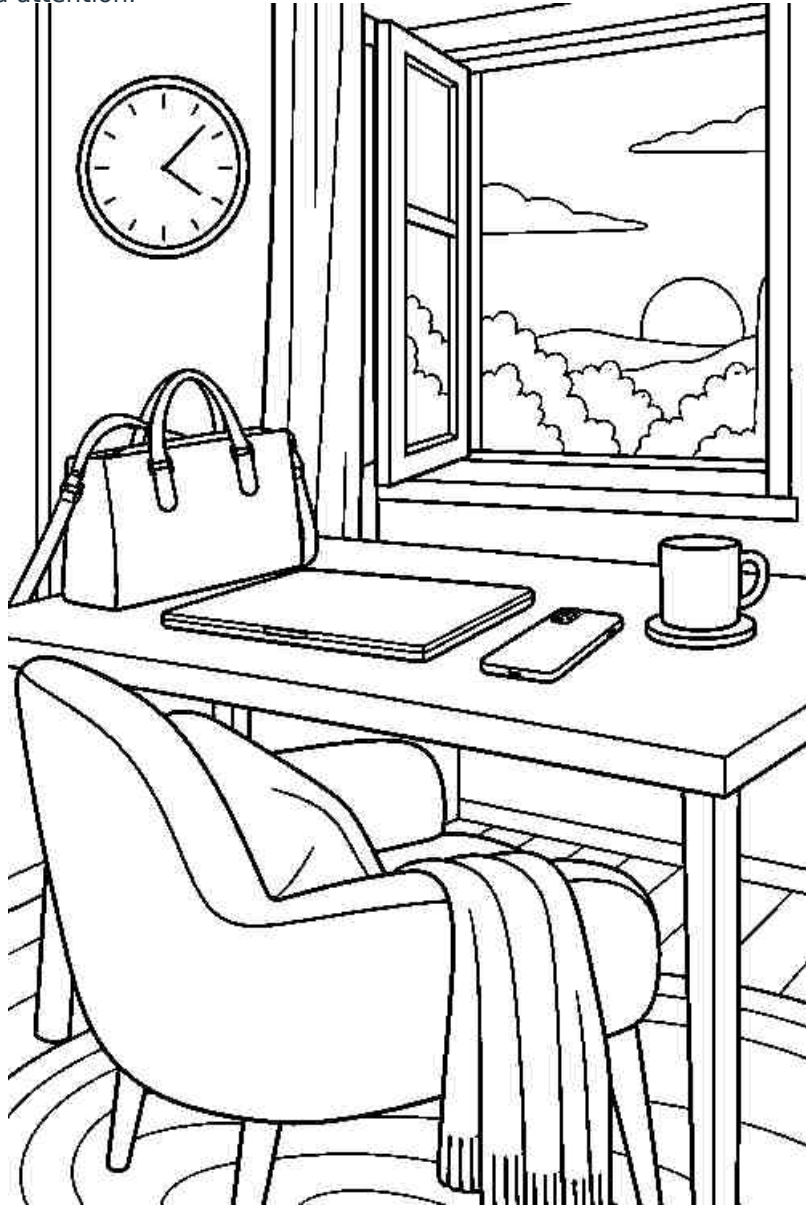


What is taking the most energy right now?

Making room for recovery

Rest matters, and changes at work may matter too

A pause can be small. Recovery is not always solved by individual effort; workload, expectations and access to support may also need attention.



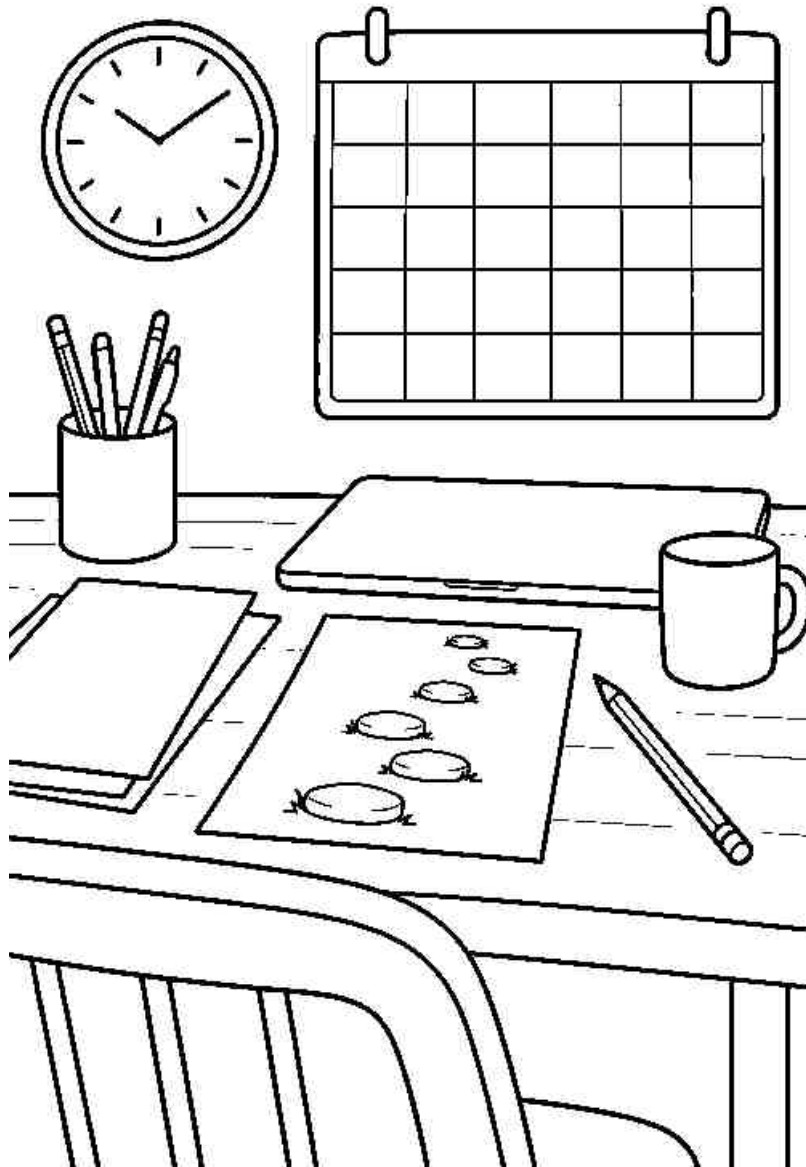
A pause that feels possible...

A boundary or change I need...

Support for a steadier pace

You deserve support with the conditions around you

A workable plan may involve a manager, trusted colleague, union representative, occupational health team, GP or another source of support. You can decide what feels safe and appropriate.



What needs to change or be shared, so I am not carrying this alone?

One gentle next step

A plan can be small, shared and flexible

Choose one thought from the workbook. It could be asking for a conversation, noting what is affecting you, finding out about support, or taking time before deciding. You can leave any box blank.

One thing I want to make easier or change...

A person I could talk with...

What would help me feel ready...

A sign I need more support or a different plan...

Support may include changing demands, clearer priorities, practical adjustments, time to recover, or help from someone you trust. You do not have to work out every answer alone.

A kind reminder to take with me...

If work strain is affecting your health or safety, consider speaking with a trusted professional or support person.