Your Personal Burnout Detector

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Observe patterns that may signal your workload and recovery need attention.

What this guide covers

- Identify personal physical and cognitive warning signs.
- Create a simple check-in dashboard.
- Plan how to respond and seek support.

Who this is for

For professionals reflecting on work-related strain.

Putting the ideas to use

Use the tracker for self-awareness, not diagnosis; seek appropriate support when needed.

Book details

Format: Guide. Pages: 35. Words: 4100.

Download availability: After payment, download the complete ZIP package or the included PDF separately.