

## WELLBEING SELF CHECK IN

Take a moment to check in with yourself. It's important to recognize the signs of stress, fatigue, and burnout so you can work to prevent them from getting worse.

### HOW

Are your energy levels?  
Is your productivity?  
Is your motivation?

### ARE YOU

Feeling sad or angry?  
Sleeping enough?  
Eating healthily?  
Able to focus or are you easily distracted?  
Energized after work or drained?

### DO YOU

Have a headache or muscle pain?  
Get emotional easily?  
Have someone to talk to?



### HAVE YOU

Moved your body today?  
Drunk some water today?

### WHAT

Has brought you joy today?  
Are you looking forward to?