



Personalized Self-Care Plan: Burnout, Compassion Fatigue, and Grief

This brief self-care plan helps you reflect on your current needs related to burnout, compassion fatigue, and grief. It focuses on awareness, realistic strategies, and how to identify supports that are sustainable within the realities of mental health work.

Use each table below to explore self-care strategies that address grief, burnout, and compassion fatigue. As you complete each section, identify practical supports and reflect on guiding questions. This is designed to deepen your understanding of how these experiences show up for you in your personal and professional lives.

Burnout

Reflection Questions

- What parts of my work feel most draining right now?
- Where do I feel overextended or unsupported?
- What boundaries feel hardest to maintain?

What I Need to Reduce Burnout

- One small boundary I could strengthen.
- One task, expectation, or habit I could adjust.
- One support I need from supervision, leadership, or colleagues.

Action Plan

- One realistic action I can take this week.

Compassion Fatigue

Reflection Questions

How is repeated exposure to others' trauma or distress affecting me?

Do I notice emotional numbing, irritability, or avoidance?

What helps me emotionally reset during or after difficult interactions?

What I Need to Address Compassion Fatigue

One way I can create emotional containment at work.

One grounding or regulation tool that works for me.

One person or space where I can safely process emotions.

Action Plan

One realistic action I can take this week.

Grief

Reflection Questions

What loss am I carrying right now? (clients/patients, outcomes, roles, etc.)

Do I feel I have space to acknowledge or process grief?

What helps me make meaning or feel connected again?

What I Need to Support Grief

One way to acknowledge or honor loss.

One restorative activity that helps me reconnect to meaning.

One supportive connection I can lean into.

Action Plan

One realistic action I can take this week.

Daily Regulation and Recovery

<p style="text-align: center;">During the Workday</p> <p style="text-align: center;">One brief practice I can use to regulate or reset</p>	<p style="text-align: center;">After Work</p> <p style="text-align: center;">One way I can intentionally transition out of work mode</p>



Find more resources on self-care.

[Self-Care and Sustainability](#)

[Personalized Self-Care Plan: Values, Roles, and Workplace Realities](#)

[Sustaining the Work: Burnout, Compassion Fatigue, and Grief](#)

[Self-Care as a Bridge: Maintaining Balance](#)

[Personalized Self-Care Plan: Workday, Transition Time, and Personal Life](#)