

Demands and Resources Audit

for burnout

DEMANDS OR
STRESSORS

RESOURCES OR
SOLUTIONS

ME

MY ROLE

MY WORK
ENVIRONMENT

Demands and Resources Audit

for burnout

MY ADJUSTMENT AM I MAKING THIS MONTH?

WHERE DO I NEED SUPPORT TO DO THIS?

HOW AM I TRACKING PROGRESS?

HOW WILL I KNOW THIS HELPED?

WHO DO I NEED TO COMMUNICATE THIS WITH?