

YOUR PERSONAL INDICATORS OF COMPROMISE

Identify early warning signs of burnout so you can intervene before you crash.

1 PHYSICAL SIGNALS



What changes in your body when pressure has been too high for too long?

EXAMPLE HINTS
poor sleep, tension, headaches, fatigue that rest does not fix.

2 EMOTIONAL SIGNALS



What emotional changes show up before you crash?

EXAMPLE HINTS
irritability, dread, numbness, resentment, guilt when resting.

3 COGNITIVE SIGNALS



What happens to your thinking when capacity is low?

EXAMPLE HINTS
poor focus, rereading, losing context, second-guessing, slower decisions.

4 BEHAVIORAL SIGNALS



What do you start doing, avoiding, or overdoing?

EXAMPLE HINTS
compulsive checking, avoiding reports, staying late, panic-learning, withdrawing.

5 FIRST RESPONSE PLAN



When these signals appear, what will you reduce, pause, ask for, or protect?

AWARENESS IS THE FIRST LINE OF DEFENSE.
CATCH IT EARLY. INTERVENE EARLY. STAY OPERATIONAL.