

PERSONAL SUSTAINABILITY PLAYBOOK

DEFINE YOUR CONTROLS, BOUNDARIES, RECOVERY HABITS, AND RESPONSE PLAN FOR PREVENTING BURNOUT RELAPSE.

1 PREDICTABLE STRESSORS

Which pressures are most likely to overload your system?

EXAMPLE HINTS:

on-call, incident bridges, report deadlines, noisy queues, exploit research rabbit holes, comparison, unclear ownership.

2 PERSONAL RATE LIMITS

What limits protect your attention, energy, and judgment?

EXAMPLE HINTS:

maximum late nights, meeting limits, learning windows, notification boundaries, deep-work blocks.

3 RECOVERY CONTROLS

What helps you actually recover after high-pressure work?

EXAMPLE HINTS:

decompression time, sleep protection, movement, non-security hobbies, post-incident downtime, time away from feeds.

4 ESCALATION PATHS

Who or what do you involve before pressure becomes a crash?

EXAMPLE HINTS:

manager, teammate, mentor, friend, therapist, workload conversation, deadline reset, handoff plan.

5 EARLY WARNING SIGNALS

Which indicators tell you that your system is running too hot?

EXAMPLE HINTS:

cynicism, irritability, avoidance, numbness, poor focus, compulsive checking, dread, fatigue that rest does not fix.

6 FIRST RESPONSE RULES

When warning signals appear, what will you do first?

EXAMPLE HINTS:

reduce load, pause optional work, ask for clarity, protect sleep, stop panic-learning, move deadlines, name the risk.

MY NON-NEGOTIABLE MAINTENANCE RULE

