STUDENT WORKSHEET

Managing My Body Budget

Burnout, Balance and Boundaries

connections in mind

My Body Budget Deposits

Deposits build capacity.

Tick the deposits that help refill your capacity.

- ☐  Sleep
- ☐  Doing something I enjoy
- ☐  Being outside
- ☐  Spending time with friends or family
- ☐  Eating properly
- ☐  Listening to music
- ☐  Exercise or movement
- ☐  Feeling safe and supported
- ☐  Talking to someone
- ☐  Calm / quiet time
- ☐  Fun / hobbies
- ☐ **Other:** _____

The deposits that help me the most are:

1. _____
2. _____
3. _____

My Body Budget Withdrawals

Withdrawals use capacity.

Tick the withdrawals that use most of your capacity at the moment.

- ☐  School / work
- ☐  Practising (sport, music, drama, etc.)
- ☐  Trying new things
- ☐  Homework
- ☐  Socialising
- ☐  Deadlines
- ☐  Revision
- ☐  Clubs / activities
- ☐  Worrying
- ☐  Tests / exams
- ☐  Chores / responsibilities
- ☐  Problem solving
- ☐ **Other:** _____

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The biggest withdrawals for me right now are:

1 ..... 2 ..... 3 .....

Noticing When Things Are Out of Balance

It is important to notice when withdrawals are getting bigger than deposits.

When my body budget is getting low, I might notice:

- ☐  I feel tired all the time
- ☐  I procrastinate more
- ☐  I feel overwhelmed
- ☐  I find it harder to focus
- ☐  I stop doing things I enjoy
- ☐  I feel unmotivated
- ☐  Small problems feel big
- ☐  I go to bed later
- ☐  I forget things more
- ☐  I feel more emotional or irritable
- ☐  I spend more time on my phone
- ☐ **Other:** _____

When I am out of balance, I usually notice:

.....

.....

My Boundaries

Boundaries protect capacity and keep life in balance.

Tick any boundaries that would help protect your capacity.

- ☐  Going to bed at a regular time
- ☐  Putting my phone away when studying
- ☐  Asking for help
- ☐  Taking breaks when working
- ☐  Starting work earlier
- ☐  Not saying yes to everything

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- [ ] Eating properly
- [ ] Having some screen-free time
- [ ] Stopping work at a certain time
- [ ] Planning my week
- [ ] Making time for rest or hobbies

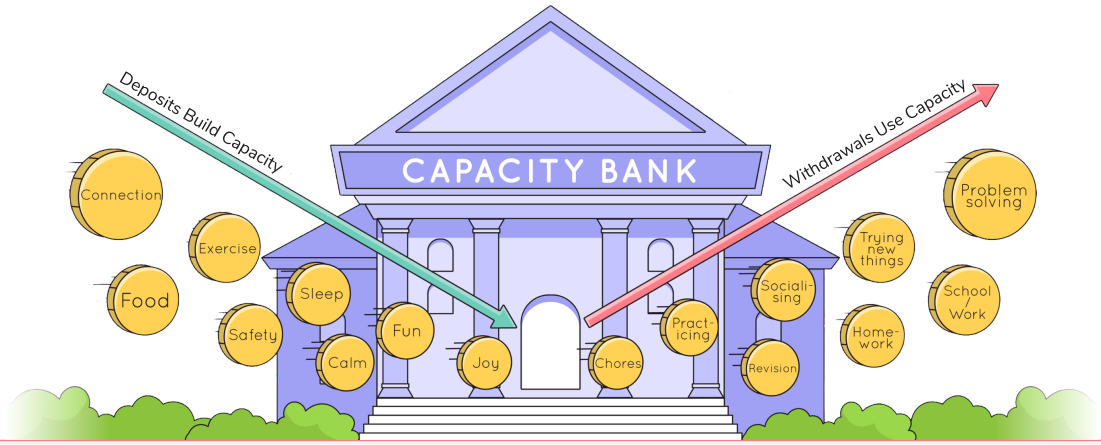
One boundary I could improve is:

.....

.....

My Body Budget Reflection

Finish these sentences:



When my capacity is low, I notice that I .....

Something that helps refill my capacity is .....

One deposit I need more of is .....

One withdrawal I need to manage better is .....

One boundary that would help me stay in balance is .....