REKINDLING:
TAKING CHARGE OF TAKING CARE

A ZINE OF JOURNALING PROMPTS

FROM YOUR COWORKERS, THE “REKINDLING FROM BURNOUT” TEAM
REKINDLING
from BURNOUT

Bklyn Public Library

REKINDLING FROM BURNOUT IS A BKLYN INCUBATOR PROJECT
REMEMBER WHY YOU STARTED
WHO ARE YOUR LIBRARY ANCESTORS?

WHO INSPIRES YOU? DRIVES YOU?

WHAT MOTIVATES YOU TO DO THIS WORK?
YOU ARE

DOING A

GREAT JOB

DO ONE THING AT A TIME
WHAT IS MY WORK?
This is not exactly a list of your job responsibilities (though it may include those, too!), but what tasks or activities in your life feel like work to you.

WHAT IS NOT MY WORK?
Think of the things you love to do, the things that make you feel excited, free, joyful, peaceful.

HOW CAN YOU CREATE CLEAR BOUNDARIES AROUND MAKING TIME TO NOT WORK?
Thank you for being kind - to others and to yourself!

Admit mistakes

Ask questions

Listen
CHECK IN WITH YOURSELF

HOW ARE YOU FEELING? IN BODY AND IN MIND. CHECK IN ON YOUR STRESS LEVEL AND THINK ABOUT WHAT MAY BE IMPACTING YOUR WELLBEING RIGHT NOW

STRESS LEVEL 1 (BLISS) - - - - 10 (CRITICAL!)

CONSIDER...

YOUR MOOD:
- WORRIED
- LONELY
- CALM
- EXCITED
- HOPEFUL
- PUMPED
- DEPRESSED
- RESTLESS
- PEACEFUL
- PLAYFUL
- CONFIDENT
- UNCERTAIN
- OVERWHELMED
- GRIEVING

YOUR BODY:
- SICK
- SORE
- WELL-RESTED
- TOO TIRED
- ENERGETIC
- STRONG
- OVERHEATED
- IN PAIN

OUTSIDE FORCES:
- WEATHER CHANGES
- SUN TIME
- MEDICATIONS
- FAMILY TIME
- GOOD NEWS
- BAD NEWS
- POLITICAL CLIMATE
YOU DESERVE
EVERYTHING
GOOD

[QR code to our vacation recordings]

TAKE A ONE-MINUTE VACATION WITH US ^^^
WHAT ACTIVITIES MAKE YOU FEEL TRULY RELAXED?

WHAT IS YOUR IDEAL VACATION?

HOW TO TAKE A ONE-MINUTE VACATION:
CLOSE YOUR EYES AND IMAGINE YOURSELF IN A RELAXING PLACE. THIS PLACE IS WHERE YOU FEEL COMPLETELY SAFE. STRESS AND WORRIES HOLD NO POWER OVER YOU. IMMERSE YOURSELF FULLY IN YOUR PEACEFUL PLACE BY USING ALL OF YOUR SENSES IN YOUR IMAGINING. AFTER VISUALIZING THIS PLACE FOR A MINUTE OR TWO, SLOWLY AND OPEN YOUR EYES. TAKE YOUR TIME. YOU CAN RETURN TO THIS PLACE ANY TIME YOU WANT.
Thank you for trying something new.
WHAT ARE YOUR DREAM PROJECTS?

WHAT ACTIONS STEPS CAN YOU TAKE TO MAKE THEM HAPPEN?

WRITE THEM DOWN AND CONSIDER WHEN YOU COULD START!
There is courage in the work we do.

Accept change.
WHAT IS NOT WORKING FOR ME RIGHT NOW IS...

WHAT I WISH I COULD CHANGE...

WHAT I NEED TO ACCEPT IS...
TAKING CUES FROM THE PHASES OF THE MOON

NEW MOON  FRESH START, A CLEAN SLATE
WAXING MOON  PLAN AWAY, MAKE WISHES
FULL MOON  TAKE ACTION, GIVE THANKS
WANING MOON  MAKE NEW HABITS

THIS ZINE IS INSPIRED BY:
HOW TO NOT ALWAYS BE WORKING, BY MARLEE GRACE
MOOD CYCLES NOTEBOOK, BY PEOPLEIVELOVED.COM
HOW TO WORK BETTER, BY PETER FISCHLI AND DAVID WEISS
MENTAL VACATIONS, BY ANXIETYCANADA.COM

REKINDLING
from BURNOUT