

# 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

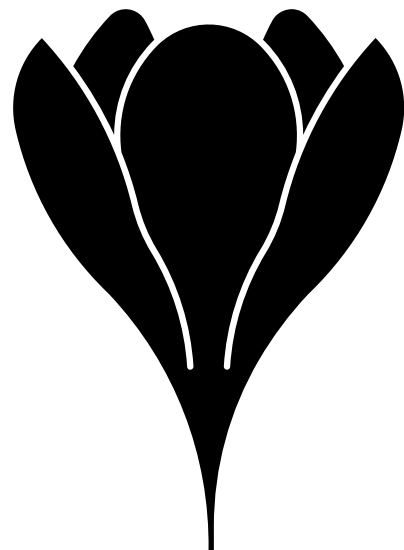
REKINDLING FROM BURNOUT  
IS A BKLYN INCUBATOR PROJECT

REMEMBER

WHY

YOU

STARTED

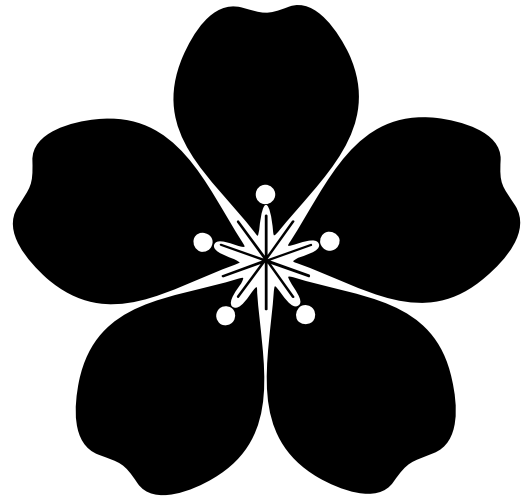


WHO ARE YOUR LIBRARY  
ANCESTORS?

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?

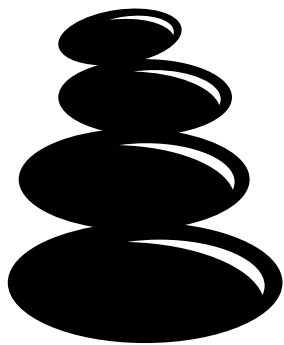
THANK YOU FOR

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

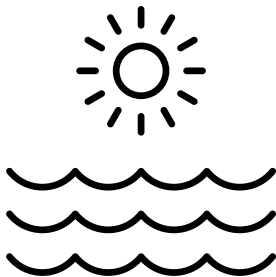
POLITICAL CLIMATE



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 ANXIETYSANADA.COM

**REKINDLING**

**from BURNOUT**