



# How to Navigate Work Burnout as a Team:

## A Practical Guide to Support Your Partner

### Introduction

Work-related burnout can significantly impact your partner's well-being and your relationship. This worksheet provides practical steps to help you recognize signs of burnout and offer effective support, fostering a healthier and more resilient partnership.

### Instructions

- Set aside dedicated time to discuss and work through this worksheet with your partner.
- Approach each section with empathy, openness, and a willingness to listen.
- Collaborate on developing actionable strategies to address burnout together.

### Main exercise: How to support your partner through work burnout

#### 1. Recognize the signs of burnout

- **Emotional indicators:** Is your partner feeling drained, overwhelmed, or increasingly irritable?
- **Physical symptoms:** Have they experienced frequent headaches, sleep disturbances, or fatigue?
- **Behavioral changes:** Are they withdrawing from social activities or neglecting personal interests?

*Action Step:* Observe and note any signs that resonate. Share your observations with your partner to open a dialogue.

#### 2. Encourage self-care

- **Discuss self-care activities:** What hobbies or activities bring relaxation and joy to your partner?
- **Plan together:** How can you incorporate these activities into your routine?

*Action Step:* Create a weekly schedule that includes specific times for self-care activities, ensuring your partner has the space to recharge.

#### 3. Provide practical support

- **Identify stressors:** What daily tasks or responsibilities contribute to your partner's stress?
- **Offer assistance:** Which tasks can you help with or take over to lighten their load?

*Action Step:* List specific tasks you can manage and discuss this plan with your partner to ensure it aligns with their needs.



## 4. Facilitate regular, open communication

- **Set the stage:** Choose a comfortable setting free from distractions to talk.
- **Use open-ended questions:** Ask questions like, "How are you feeling about work recently?"

*Action Step:* Schedule regular check-ins to provide a safe space for your partner to express their feelings and concerns.

## 5. Offer emotional support

- **Validate feelings:** Acknowledge your partner's experiences without judgment.
- **Express empathy:** Show understanding and share that you're in this together.

*Action Step:* Practice active listening during conversations, reflecting back on what you've heard to ensure understanding.

## 6. Assist in seeking professional help

- **Research options:** Look into therapists or counselors specializing in work-related stress.
- **Offer support:** How can you assist in making appointments or exploring resources?

*Action Step:* Compile a list of potential professionals and discuss them with your partner, respecting their comfort and readiness.

## Action plan: Next steps

- **Set mutual goals:** Determine what both of you aim to achieve in addressing and managing work burnout.
- **Establish a timeline:** Create a realistic timeline to implement the strategies discussed.
- **Monitor progress:** Regularly revisit and adjust your plan as needed, celebrating improvements along the way.

## Closing details

Supporting a partner through work burnout requires patience, empathy, and collaboration. By taking these steps together, you can strengthen your bond and promote mutual well-being. If professional guidance would be beneficial, Connect Couples Therapy offers in-person sessions in Charlotte, NC, and Carefree, AZ, as well as virtual sessions for residents of Arizona, Florida, North Carolina, South Carolina, Tennessee, and Texas. Contact us today to begin your journey toward a healthier relationship.



Contact us by visiting us here: [www.connectcouplestherapy.com/contact](http://www.connectcouplestherapy.com/contact)

[www.connectcouplestherapy.com](http://www.connectcouplestherapy.com)