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What's wearing you down at work?

A two-page worksheet for healthcare providers, coaches, and other service professionals. Think of one recent workday that followed you home.

Spot the hidden load

[ ] **Competing priorities.** Several people needed something now, with no agreement on what could wait.

[ ] **Responsibility without control.** You were accountable for an outcome without enough time, staff, or authority to influence it.

[ ] **Emotional carryover.** You moved straight from a difficult case or conversation into the next appointment.

[ ] **Invisible availability.** Messages, charting, or client follow-ups followed you into breaks or evenings.

[ ] **Values friction.** What the job required collided with the care or service you wanted to give.

Notice what you did to get through it

[ ] Powered through or skipped a break [ ] Said yes before checking capacity

[ ] Replayed the interaction after hours [ ] Put off a decision or went quiet

[ ] Asked for help, paused, or renegotiated the work [ ] Other: _____

Follow the effect beyond the moment

What did that response help me get through? _____

What did it cost me later that day or the next morning? _____

What part of this situation keeps repeating? _____

Decide who can help

If the same demand keeps coming back, name one change to ask for: coverage, a clearer role, fewer competing deadlines, or protected recovery time. If stress is persistently disrupting sleep, mood, or daily functioning, consider speaking with a healthcare or mental health professional. For unsafe conditions or harassment, seek support through a trusted workplace channel or representative.

Workplace stressors adapted from WHO, Mental health at work. Use this worksheet for reflection and planning.

Match the tool to the mindset

Pick the line that sounds most like you right now. Try one move. Then notice whether you feel closer to what you need, about the same, or further away.

“Everything needs me now.”

Write down what’s competing for your attention. Pick the one task with the clearest consequence today. Ask which other deadline can move: “I can do A or B first. Which comes first?”

“I can’t stop replaying that conversation.”

Write two lines: what happened, and what still needs a response. If there’s a next step, choose when to take it. If you’re carrying something difficult, ask a trusted peer for a short debrief.

“I keep saying yes when I’m already full.”

Buy yourself a moment: “Let me check what I’ve already committed to and get back to you.” Decide what would have to move before you agree.

“I’m too depleted to think clearly.”

If you can, pause, step away briefly, and leave a one-line note about where to restart. For a time-sensitive task, ask for coverage or a second set of eyes.

“I can’t do the work the way I believe it should be done.”

Name the mismatch in one sentence. Bring one concrete example and one request to someone with the authority to change the conditions.

Take your next move into Epiphany

Open Epiphany and start a mind check with the situation you wrote down. Notice what you need right now, then choose a next move you can take outside the app.

Try Epiphany | Two minutes here. A better day out there.