

RECOVERY WITHOUT COLLAPSE

Rest you choose, not rest your body forces. Treats rest as a practice instead of an emergency. Plans recovery on purpose, before your body chooses it for you, usually at a worse time and with less say in the matter.

01 // WHAT THIS IS

RECOVERY BUILT IN ON PURPOSE

This worksheet builds recovery in on purpose, before the forced version becomes necessary, on the idea that small and regular recovery is more sustainable than waiting for a collapse to make the decision for you.

02 // HOW TO USE IT

- 1. Schedule recovery before you're desperate for it.** Put it in before capacity is already gone, not as an emergency response.
- 2. Choose something genuinely restorative.** Not just unscheduled time. Something that actually refills the specific thing that's been depleted.
- 3. Keep it small and regular.** A short, recurring buffer generally works better than a rare, large one.
- 4. Notice what your body actually needed.** Compare what you planned to what would have actually helped, and adjust next time.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

This is a planning tool for everyday depletion, not a treatment for burnout that's already severe. If nothing on this page sounds restorative anymore, or rest itself feels impossible, that's worth raising with a clinician rather than solving alone.

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RECOVERY WITHOUT COLLAPSE

DATE

WHAT HAS BEEN DEPLETED?

01 // SCHEDULE BEFORE DESPERATE

Recovery I Will Choose

Something that actually refills what's depleted, not just empty time.

Date / Time / Duration

When it happens, and for how long.

SMALL + REGULAR: WHAT CAN I REALISTICALLY REPEAT?

WHAT WOULD MAKE IT EASIER TO PROTECT?

02 // ADJUST FROM EXPERIENCE

Afterward: What Actually Helped?

What I Will Change Next Time