YES Worksheet: When You're Everyone's Lifeline, But You Feel Like You're Drowning

This worksheet is for the moments when you're running on empty, but still showing up. Take 10–15 minutes to reflect and reconnect with yourself. You don't have to fix everything—you just need a place to start.

1. What's Weighing on You the Most Right Now?

Think about your last shift or week. What moments stuck with you? What feelings keep coming up—even off duty?
- ■ Constant exposure to trauma and crisis
- ■ Emotional whiplash between calls
- ■ Feeling like I have to "be okay" all the time
- ■ Having no space to process the emotional impact of my shift
- ■ The fear of going numb—or realizing I already have

2. How Is It Showing Up in Your Day-to-Day?

Notice how burnout and compassion fatigue might be affecting your life outside the job.
- ■ I can't stop thinking about certain calls
- ■ I feel numb when I should feel something
- ■ I avoid emotional conversations off-duty
- ■ I don't know how to explain what I'm feeling
- ■ I snap at people or shut down completely
- ■ I feel disconnected from who I used to be

3. Rewrite the Silent Message You've Been Carrying

Which of these internal messages have been playing on repeat? Which ones need rewriting?
- ■ "I have to be the strong one."
- ■ "There's no time to feel anything."
- ■ "If I let myself cry, I won't stop."
- ■ "It's not about me—other people have it worse."

Try this instead: "My pain deserves space too. I can be strong and still need support."

4. Small Ways to Start Releasing What You're Holding

Pick one thing to try today or this week. Start small, but start somewhere.
- ■ Say out loud: "This is a lot, and it makes sense that I'm overwhelmed."
- ■ Text a friend or peer: "You good lately? I'm feeling it."
- ■ Take a 5-minute pause alone during or after shift—just breathe.
- ■ Journal or voice-record what's stuck in your head—no editing.
- ■ Set a micro-boundary: no case review or doomscrolling for 24 hours.

Reminder: You don't have to carry all of it to keep showing up. You just have to take the next small step forward.