

Low Battery Check-In

A worksheet for noticing exhaustion, low motivation, emotional flatness, and feeling like you are just pushing through.





When You're Running Low

Low energy doesn't always look like burnout. Sometimes it's subtle: a shorter fuse, a heavier uniform, the feeling that you're just clocking in and clocking out. You're present but not really there.

Low battery can show up as exhaustion that sleep doesn't fix, irritability that sneaks up on you, emotional numbness that makes it hard to feel much of anything, low motivation to do things you used to care about, or simply going through the motions shift after shift.

- ① Recognizing the early signs is the first step. You don't have to wait until you're running on empty to pay attention.

Check the Battery Level

Right now, my energy feels like: Read through the levels below and notice which one lands closest to where you are today, not where you think you should be.

1

Empty

Completely depleted. Just surviving the shift.

2

Low

Running on fumes. Hard to push through.

3

Half

Getting by. Some reserves, but not much left.

4

Steady

Functioning. Not great, not bad.

5

Full

Energized, engaged, and ready to go.

Mark your level honestly. There is no wrong answer here, only useful information.

How Is Low Battery Showing Up?

Check what you've noticed in yourself lately, even if it's been subtle. These patterns matter.



Less Patience

Quicker to react, shorter fuse with people you'd normally brush off.



Harder to Care

Emotional distance from calls, colleagues, or people at home.



More Withdrawn

Pulling back from conversation, humor, or connection.



Low Motivation

Tasks feel heavier than they should. Hard to get started.



More Scrolling

Zoning out into a screen instead of resting or resetting.



Trouble Focusing

Thoughts drift. Hard to stay sharp or complete things cleanly.



Feeling Flat

Not sad, not upset, just numb. Nothing feels like much.

What's Been Draining It?

Low battery rarely has a single cause. It stacks. Identifying your drains helps you see the full picture, not just today's frustration.

Common Drains - Check What Applies

→ Sleep Debt

Rotating shifts, interrupted rest, never truly recovering.

→ Overtime

Hours piling up with no real off switch between them.

→ Stress

Chronic background tension that never fully resets.

→ Tough Calls

Incidents that stay with you long after the report is filed.

→ Conflict

With supervisors, peers, or at home, it all costs energy.

→ No Downtime

Off days that aren't really off. Always on, never quiet.

→ Always Being Needed

No space to just exist without someone depending on you.

☐ Drains aren't weaknesses. They're load. Every officer carries some. What matters is noticing when the load has been too heavy for too long.

After checking your drains, ask yourself: **Has this been going on for days, weeks, or months?** Duration matters. The longer the drain, the more deliberate the recharge needs to be.

One Small Recharge Move

You don't need a week off or a major life change. You need one small honest move. Answer the prompts below, even just in your head.

What is one realistic thing I can do today?

Not tomorrow, not next week. Something that fits in your actual day, a walk, a meal, ten minutes alone, a conversation you've been avoiding.

What would help 5%?

Not fix everything, just shift the dial slightly. Sometimes 5% is all you need to keep from hitting empty.

What can I stop pushing through for a moment?

Is there one thing you've been white-knuckling through that you could set down, even briefly?
Permission granted.

Low battery is information. It is not failure. Notice it early and respond before empty becomes normal.

You showed up to check in. That already counts.

