



Rebuild Your Tank

A practical worksheet for rebuilding energy, protecting recovery time, and staying steady across the week.



Running on Empty Adds Up

You keep functioning, but that doesn't mean the toll isn't accumulating. Constant stress, broken sleep, long shifts, emotional carryover, and nonstop stimulation quietly drain your reserves over time. The tank doesn't empty all at once. It drops slowly, shift by shift, until the margin disappears.

⚠️ Feeling "fine" and being fully recovered are not the same thing. The gap between them matters.



What's Draining Your Tank Right Now?

Check what's pulling from your reserves. Honest answers only, this is for you.

Sleep Debt

Shift work, call-outs, and poor sleep quality add up fast.

Stress Load

High-stakes calls, administrative pressure, and constant vigilance.

Long Shifts

Extended hours leave little room for real recovery between tours.

Emotional Overload

Trauma exposure, difficult calls, and emotional suppression build quietly.

Poor Fuel

Skipped meals, caffeine overload, and not enough water take a real toll.

Isolation

Pulling away from people, avoiding conversations, going it alone.

Constant Responsibility

Never fully off-duty, mentally carrying the job home every night.

Other

Something else on your list that's quietly pulling from the tank.

What Actually Helps You Recharge?

Not what you think *should* work, what genuinely works for you. Mark what actually restores your energy.



Sleep

Uninterrupted rest, the single most powerful recovery tool.



Quiet

No radio, no alerts, no noise, just decompression time.



Exercise

Physical output that burns off tension and resets the body.



Good Food

Real meals that fuel recovery, not just run the engine.



Time Outside

Fresh air and open space that breaks the cycle of constant alertness.



Time With People

Connection with people who fill you up rather than drain you.

Build Your Refill Plan

Use these four prompts to build one concrete, realistic plan for this week. Keep it simple. Small steps count.

One thing
I need
more of:

Sleep / quiet
/ movement /
connection /
time alone.
Be specific.

One thing
I need
less of:


Overtime /
screens /
alcohol /
isolation /
avoidance.
Name it.

One thing
that helps
me reset:

The specific
activity, habit,
or space that
actually
works for
you.

One small
thing I
can do
this week:

Make it
realistic. One
action, this
week, no
matter how
small.

 A plan with one specific action beats a perfect plan that never starts.

Protect the Recharge Time

Recovery doesn't happen by accident. If you don't protect it, something else will fill that space.

What keeps interrupting my recovery?

Identify the pattern, calls, obligations, habits, or your own mind.

What boundary do I need to set?

One line that protects your off-duty time. Say it out loud if it helps.

What can actually wait until later?

Not everything is urgent. Name one thing you can stop carrying right now.

What helps me slow down?

A specific ritual, routine, or action that tells your nervous system: shift's over.



You Can Only Run on Empty for So Long

"You can only run on empty for so long before it starts affecting everything else. **Rebuilding your tank is part of staying sharp.**"

Notice the drain

Catch it early, before the tank hits zero.

Protect recovery

Guard your off-time like you guard everything else.

Refill regularly

Rebuilding is ongoing, not a one-time fix.