



What's Draining Me?

A reflection tool for identifying where your energy is going and what may be wearing you down.





When the Drain Adds Up

Long shifts don't end when you clock out. The weight of overtime, back-to-back calls, broken sleep cycles, and responsibilities waiting at home, it all compounds. What wears you down rarely arrives as one big event. It builds quietly, shift by shift, day by day.

Your body and mind keep score even when you don't. Fatigue that goes unnoticed becomes the baseline. Stress that isn't addressed doesn't disappear, it just moves somewhere else. Recognizing the accumulation is not weakness. It's the first step toward getting some of that energy back.

③ This is a self-check tool, not a diagnosis. Use it honestly, for yourself.

Where Is Your Energy Going?

Look at the areas below. For each one, ask yourself: **How much is this pulling from me right now?** You don't need a score, just notice which ones feel heavy.

Work Demands

Call volume, admin load, expectations, and the pace of your shift.

Overtime

Extra hours that cut into sleep, recovery, and time with people you care about.

Family Stress

Tension at home, responsibilities that don't pause when you're exhausted.

Poor Sleep

Shift rotations, adrenaline carryover, and not enough true rest.

Constant Alertness

The inability to fully stand down, even on days off.

Emotional Carryover

Calls and scenes that stay with you well after shift ends.

Lack of Downtime

No real off switch. No space between one demand and the next.

What Feels Heaviest Right Now?

These questions are meant to slow you down for a minute. Answer them honestly, even if just in your head. There are no right answers.

What is taking the most out of you?

Not the most obvious stressor, the one that's quietly draining the most energy day to day.

What keeps following you after shift?

The thought, the image, the conversation, the call you can't put down.

What feels hard to recover from?

What used to bounce back faster, but doesn't anymore?

📌 If something came to mind immediately, that's worth paying attention to.

What Can Be Reduced?

You may not be able to eliminate every stressor. But some things can be scaled back, handed off, or simply set down. This section is about identifying small adjustments, not overhauls.

What can wait?

Not everything that feels urgent actually is. What on your list can be pushed back without real consequence?

What can be simplified?

Where are you over-complicating something that could be done with less effort?

What boundary might help?

Is there a conversation you've been avoiding, or a limit you haven't set that might protect your energy?

What is one thing you can stop carrying alone?

Even one thing shared or delegated can release pressure you didn't realize you were holding.

What Would Refill Even a Little?

Recovery doesn't require a week off or a major life change. Sometimes it's one small thing done consistently. Look at the list below, pick one that feels accessible right now, not perfect.



Sleep

Even one extra hour changes how you function.



Food & Water

Basic fuel that gets skipped on long shifts.



Quiet

Ten minutes with no input. No screens, no noise.



Movement

A walk counts. Your body needs to release what it's holding.



Time Outside

Light and open air do something that nothing else replicates.



Connection

One honest conversation with someone who gets it.



Time Alone

Space to decompress without having to be anything for anyone.

"You cannot fix every drain at once. Start by noticing what is taking the most."