You Matter, Too!

A wellness and burnout check-in for diabetes care and education specialists



Caring deeply is a strength. It can also draw heavily on your attention, patience and emotional energy. Use this worksheet to notice patterns, name what you need and choose one realistic next step.

1. Check Your Battery

Circle the number that best reflects how you feel today. This is a snapshot, not a score.

RUNNING ON EMPTY	LOW	HOLDING STEADY	RECHARGED	ENERGIZED
1	2	3	4	5

2. Notice The Signals

Check what has shown up more often than usual.

MIND

- ❑ Difficulty concentrating
- ❑ Dreading routine tasks
- ❑ Feeling less effective
- ❑ Constant mental replay

BODY

- ❑ Persistent fatigue
- ❑ Tension or headaches
- ❑ Sleep changes
- ❑ Skipping basic needs

CONNECTION

- ❑ Irritability
- ❑ Detachment or cynicism
- ❑ Less patience with others
- ❑ Withdrawing from support

3. Name The Pressure

WHAT IS TAKING ENERGY?

- ❑ Workload or staffing
- ❑ Documentation or inbox burden
- ❑ Access or insurance barriers
- ❑ Rapid technology or guideline changes
- ❑ Emotional weight of patient care
- ❑ Pressure to do more professionally
- ❑ Something else: _____

WHAT IS RESTORING ENERGY?

- ❑ Supportive colleagues
- ❑ Meaningful patient connection
- ❑ Protected breaks or focus time
- ❑ Movement, rest or time outdoors
- ❑ Clear boundaries
- ❑ Learning or creative work
- ❑ Something else: _____

Educational disclaimer: This reflective tool is for education and self-awareness. It is not a diagnostic instrument or a substitute for professional care. If distress feels severe, persistent or unsafe, contact a qualified health professional or local crisis resource.

©2026 ADCES All rights reserved. 176-26

From Awareness to Action

Choose support at more than one level. Burnout is not an individual failure, and self-care alone cannot fix system problems.

The 60-Second Reset

PAUSE
Stop for one minute.

BREATHE
Take three slow breaths.

NOTICE
What am I feeling and needing?

CHOOSE
Take one small helpful action.

4. Build Your Support Plan

RIGHT NOW | RESET
One small action I can take in the next 10 minutes:

_____

_____

THIS WEEK | PROTECT
One boundary, break or recovery practice I will protect:

_____

_____

WITH OTHERS | CONNECT
One person or community I can reach out to:

_____

_____

AT WORK | IMPROVE
One workflow, policy or resource change I can request or help test:

_____

_____

RELEASE | MAKE ROOM
One task, opportunity or expectation I can decline, delegate or defer:

_____

_____

RECONNECT | REMEMBER
One part of this work that gives me meaning or energy:

_____

_____

5. Make One Commitment

This week, I will support my well-being by:

_____

_____

I will know this helped if:

_____

KEEP THE CONVERSATION GOING

Explore ADCES and Other Additional Resources:

- Diabetes Care Conversations Podcast Miniseries: Burnout and Diabetes Care
- Diabetes Sangha article from ADCES in Practice
- Self-Care and Resilience Techniques to Combat Diabetes Care and Education Specialist Burnout—Sharon A. Watts, Laura Roush, 2020
- CDC Resource on Managing Stress
- CDC Resource on Improving Emotional Wellbeing
- American Heart Associations Medication and Mindfulness Videos