

# Your stress and burnout timeline

**Stress and burnout rarely arrive in one moment. They build, slowly, in patterns the person carrying them can recognise but cannot always describe.**

A timeline makes the pattern visible. It shows accumulation, recovery, and recurrence. **It often shows that the shape is workable**, even when the load is not.

**i** **Heavier than the other worksheets.** Best done in low-demand time. Leave blank what feels too much, and bring the partial to a clinical conversation.

## WHAT THIS IS

### A map of accumulation and recovery

- A way of mapping how stress and burnout have built over time
- A picture of accumulation, recovery, and recurrence
- A page to bring to a clinical conversation
- A frame for what the body has been carrying

## WHAT THIS IS NOT

### A complete history

- Not a diagnosis or measure of severity
- Not a self-treatment plan
- Not a complete history; partial is enough
- Not something to be done if it feels too heavy alone

## WHY A TIMELINE

### The body keeps a longer record than the mind.

Sustained demand without recovery accumulates as what researchers call allostatic load, the cumulative cost on the body of running the stress response without enough room to settle in between. **The load shows up later**, often long after the person can pinpoint when it started.

### Patterns matter more than single events.

A single hard week is not the picture, even when that is what the mind remembers. The trajectory across recent weeks is the picture, and it is usually less linear than it feels from the inside. A timeline lays the trajectory out, where the loops and the recoveries become visible.

### The timeline is for the body, too.

The point is not to score your stress at each marker. It is to set out what was happening externally, alongside what your body and mind were reporting. **The two columns sit side by side** because the body's record matters as much as the calendar.

*"The frustration of stress that returns is rarely a sign you have not managed it well enough. It is more often a sign that **the architecture producing it has not yet been examined.**"*

## A GENTLE NOTE

If looking back brings something up that feels heavier than expected, that **may be the body processing what it has been carrying**, not the worksheet asking too much. Leave the page if you need to. Bring the partial to a clinical conversation. Worse before better is sometimes the system clearing, not the system breaking.

## WHERE TO START, ON PAGE 2

Five points across the last couple of months. Two prompts per point: **what was happening, and what you noticed in yourself.**






**REMEMBER** What started a stress pattern and what is keeping it going are often different. A timeline often shows the two, side by side.

**When the timeline is partly or fully filled, you can sit with what you notice, or bring it to a first conversation. Either is a fine next step.**

# Your timeline

Five points across the last couple of months. **What was happening, and what you noticed in yourself.** A few words per cell. Partial is enough.

Leave blank anything that feels too much. Bring the partial to a clinical conversation.

PERIOD	WHAT WAS HAPPENING	WHAT YOU NOTICED IN YOURSELF
 <b>About two months ago</b> <i>the starting point</i>		
 <b>About six weeks ago</b> <i>anything that shifted</i>		
 <b>About a month ago</b> <i>what was building</i>		
 <b>The last two weeks</b> <i>the recent stretch</i>		
 <b>Now</b> <i>where things sit today</i>		

### WHAT PATTERN STANDS OUT

Looking across the periods, what shape does the trajectory take?

### WHEN THE TIMELINE IS FILLED IN

**You can sit with what you notice, or bring it to a first conversation.**

A trajectory is useful information whether or not you book a session. If you would like to talk it through, the Meet and Greet is a short call to see if we are the right fit.

### MEET & GREET

Free  
 15 minutes  
 Online or in-person  
 No obligation