

When You're Feeling Tired: A Self-Check Worksheet for Youth

by Inclusion Together Media

1. How Tired Are You?

On a scale of 1 to 10, how tired do you feel?
(1 = just a little tired, 10 = completely exhausted)

My tiredness level: _____

2. What Kind of Tired Are You?

Check all that apply:

- ☐ My body feels tired
- ☐ My brain feels tired
- ☐ I'm emotionally tired
- ☐ I'm tired of people
- ☐ I'm tired of being busy
- ☐ I'm not sure why I'm tired

3. What Might Be Making Me Feel This Way?

Think about your day or week. Write or draw anything that might be wearing you out:



4. What Can Help Right Now?

Choose what sounds good to you:

- ☐ Resting or napping
- ☐ Doing something fun and easy
- ☐ Drinking water
- ☐ Eating a snack
- ☐ Talking to someone I trust
- ☐ Being quiet for a little while
- ☐ Saying “no” to something
- ☐ Other: _____

5. Who Can I Talk To?

List someone who listens when you’re not feeling your best:

6. A Kind Thing I Can Tell Myself

Write a kind sentence you can say to yourself:

Example: “I’m allowed to rest.” or “I don’t have to do it all right now.”

You are doing your best. Rest is important. You matter.
Inclusion Together Media
Creating spaces where every person belongs.

