



Understanding Burnout

The signs, Causes & Steps Toward Recovery

What Is Burnout?

Burnout happens when prolonged stress overwhelms your capacity to cope.

Common Signs

- Constant fatigue
- Irritability or feeling on edge
- Difficulty concentrating
- Lack of motivation
- Feeling num or disconnected
- Physical symptoms (headaches, tension, sleep issues)

What Contributes to Burnout?



Chronic stress



High expectations



Lack of boundaries



Over-giving



Feeling unsupported

Steps Toward Recovery



Acknowledge what you are feeling



Set small, sustainable boundaries



Prioritize rest and nourishment



Support and connection



Be patient with yourself

You don't have to carry everything by yourself.

There is a place for you here.



Setting Boundaries

Protect Your Energy. Honor Your Limits

Why Boundaries Matter.

Boundaries help you:

- Protect your time and energy
- Reduce stress and resentment
- Build healthier relationships
- Show up more fully for yourself



Examples of Boundaries



Saying no without over-explaining



Taking rest without guilt



Limiting availability when needed



Protecting your emotional space



Asking for what you need



Boundary Reminders



It's okay to put yourself first.



You don't have to respond right away.



Not everyone will understand-and that's okay.



Boundaries are acts of self-respect.



You can love others and still have limits.



You don't have to carry everything by yourself.

There is a place for you here.



Rest Is Resistance

You Are Allowed to Slow Down

In a world that glorifies business,
rest can feel unproductive.
But rest is not weakness,
it is a powerful act of care.

Ways to Rest

Take a break without guilt.

Say not to what drains you.

Prioritize sleep and stillness.

Spend time in nature.

Do something that brings you joy.

Ask for help.



A Gentle Reminder

Rest is not something you earn.
You are allowed to take up space,
take breaks, and take care of you.
You matter, just as you are.

You don't have to carry everything by yourself.

There is a place for you here.



Self-Compassion

Gentle Reminders for Hard Days

Practice Speaking to Yourself with Kindness

Be as kind to yourself as you would to a friend.

You are doing your best with what you have.

It's okay to rest. You are allowed to pause.

You are not your productivity.

Your feelings are valid.

You deserve compassion, always.



Try this

Take a slow breath. Say to yourself;
"I'm doing the best I can." Repeat as
often as you need.

You don't have to carry everything by yourself.

There is a place for you here.

