



SIGN OF *Emotional Exhaustion*

When Your Mind, Body and Heart Need Rest

EMOTIONAL EXHAUSTION ISN'T A SIGN OF WEAKNESS

It is often a sign that you have been carrying more than your current capacity can hold.

You may be experiencing emotional exhaustion if you notice:

- ☐ Feeling tired even after sleeping
- ☐ Difficulty concentrating or making decisions
- ☐ Increased irritability or emotional sensitivity
- ☐ Feeling numb, disconnected or "checked out"
- ☐ Loss of motivation for things you usually enjoy
- ☐ Withdrawing from people or activities
- ☐ Feeling overwhelmed by small tasks
- ☐ Constant worry, tension or racing thoughts
- ☐ Increased self-criticism
- ☐ Feeling like you have nothing left to give

PAUSE AND NOTICE:

What signs stand out to you right now?



A GENTLE
REMINDER

You were not created to carry everything alone
Sometimes rest is not a reward for finishing,
it is part of how we continue.

There is a chair for you at the table



REST

Without Guilt

Giving Yourself Permission to Pause

SOMETIMES REST FEELS HARDER THAN WORK

Many people carry messages such as:

- "I should be doing more."
- "Other people need me."
- "I haven't earned rest."
- "Rest is selfish."

TRY THIS REFLECTION:

What do I believe about rest?

Who taught me that?

Is that belief helping be today?

Consider a different perspective:

Rest is not quitting.

Rest is not laziness.

Rest is not selfishness.

Rest is care



SMALL WAYS TO REST THIS WEEK



Sit outside for 10 minutes



Turn off notifications for an hour



Take a slow walk



Read for pleasure



Drink a cup of tea without multitasking



Ask for help



Say no to one non-essential commitment

Permission Slip:

Today I give myself permission to rest without earning it.
Signed: _____



GROUNDING PRACTICES *for Overwhelmed Minds*

Returning to the Present Moment

5-4-3-2-1 GROUNDING

Name: _____

5



things you
can see

4



things you
can touch

3



things you
can hear

2



things you
can smell

1



thing you
can taste



TRY A GROUNDING BREATH



Breathe in for 4

Hold for 4

Breath out for 6

Repeat 3-5 times.

NOTICE YOUR SUPPORTS

Right now I am sitting on:

The temperature around me feels:

One thing I know is true in this moment:

REMEMBER

You do not need to solve everything right now.
You only need to take the next breath.

There is a chair waiting for you at the table.



WHEN FAITH *Feels Heavy*

Holding Questions, Doubt, and Hope Together

FAITH JOURNEYS ARE NOT ALWAYS EASY.

Sometimes faith feels comforting.

Sometimes faith feels complicated.

Sometimes faith feels silent.

All of those experiences are
part of being human.



YOUR MAY BE CARRYING

- | | |
|--|-----------------------------------|
| ☐ Unanswered questions | ☐ Doubt |
| ☐ Spiritual disappointment | ☐ Anger |
| ☐ Church hurt | ☐ Loneliness |
| ☐ Grief and Loss | ☐ Uncertainty |



What feels heavy right now?

What support do I need?



You do not need to have everything figured out.
Questions are not the opposite of faith.
Questions are often part of faith.

You are welcome at the table exactly as you are.



COMPASSION FATIGUE

Reflection Sheet

Caring for Others While Caring for Yourself

WHEN YOU SPEND YOUR LIFE
SUPPORTING OTHERS, YOUR
OWN NEEDS CAN BECOME
EASY TO MISS.



How emotionally full is my cup today?

Empty 1 - 2 - 3 - 4 - 5 Full

What is draining my energy?

What is helping me cope?

What do I need more of?

- | | |
|-------------------------------------|--------------------------------------|
| ☐ Rest | ☐ Joy |
| ☐ Support | ☐ Movement |
| ☐ Boundaries | ☐ Quiet |
| ☐ Connection | ☐ Other _____ |

THIS WEEK I WILL:



REMEMBER

You cannot pour endlessly from an empty cup.
Caring for yourself is not taking away from others.
It is part of sustaining the care you offer.



QUESTIONS YOU'RE *Allowed to Ask*

A Reflection Sheet for Life, Loss, and Faith

**SOMETIMES WE NEED
PERMISSION TO ASK
THE QUESTION WE
HAVE BEEN HOLDING**

You are allowed to ask:

- ☐ Why am I struggling?
- ☐ Why does this hurt so much?
- ☐ What do I need?
- ☐ How do I move forward?
- ☐ Where is my hope now?
- ☐ What has changed in me?
- ☐ What do I believe?
- ☐ Who can support me?
- ☐ What would healing look like?

What would it be like
to stay curious instead
of judging myself?



The question I keep returning to is:

What emotions come up when I ask it?



**A GENTLE
INVITATION**

Not every question needs an immediate answer.
Sometimes healing begins by making room
for the question itself.

Pull up a chair. You belong at the table.