

Burnout Check-In

When Exhaustion Shows Up

Burnout doesn't always look like falling apart. Often, it shows up as staying functional while feeling drained, overwhelmed, or mentally overloaded.

This check-in is designed to help you notice how much you're carrying and how it may be affecting your energy and well-being.

Burnout Check-In

Check any that feel familiar:

- Feeling constantly behind or stretched thin
- Difficulty resting, even when time allows
- Irritability, numbness, or emotional fatigue
- Trouble focusing or making decisions
- Dreading tasks that once felt manageable

These signs often reflect prolonged stress, **not** that something is wrong with you.

Understanding Your Mental Load

Mental load includes not just what you do, but what you're constantly keeping track of.

- Work or school responsibilities
- Family or caregiving needs
- Emotional support for others
- Planning, organizing, remembering
- Personal expectations or pressure

Reflection prompt:

Where does my mental load feel heaviest right now?

Reclaiming Capacity

Burnout can make it hard to tell what's truly draining your energy and what's simply part of daily life.

Take a moment to reflect:

- What tends to drain my energy the most lately?
- Where does my day or energy blur together without a clear stopping point?
- What gives me even a small sense of relief or steadiness?

Rest, Effort, and Expectations

Many of us absorb messages about pushing through, staying productive, or earning rest. Over time, these messages can make it harder to notice when we need a pause.

Prompts:

- What messages have I learned about rest or slowing down?
 - How do those beliefs affect how I treat myself when I'm tired?
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One Small Supportive Shift

Burnout recovery doesn't require big changes. Small, realistic adjustments can help restore a sense of balance.

- What's something I could pause or simplify?
 - What's something I could ask for help with?
 - What's something I could let go of for now?
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