



Burnout Check-In

Where science meets heart in your journey to authentic wellbeing

Burnout doesn't arrive overnight; it builds quietly. This check-in helps you recognise the warning signs early and offers a quick reset when you're running on empty.

How many of these feel familiar right now?

- I feel exhausted even after rest
- I'm more cynical or detached than usual
- Small tasks feel overwhelming
- I'm neglecting my own needs (sleep, food, breaks)
- I feel like nothing I do makes a difference
- I'm irritable or short-tempered with people I care about
- I dread going to work more days than not
- My body is telling me something's wrong (headaches, tension, sleep problems)

If you ticked 3 or more: this is your invitation to pause, not push through. Burnout is your mind and body asking for rest, and it's not a sign of weakness.

Your 5-Minute Reset

When you're running on empty, try this:

1. **Pause.** Stop what you're doing. Close your eyes if you can.
2. **Breathe.** Take 5 slow breaths, in for 4, out for 6. This activates your body's calm response.
3. **Ground.** Name 3 things you can see, 2 you can hear, 1 you can feel.
4. **Ask.** "What do I actually need right now?" (Not what you 'should' do but what you need.)
5. **Act.** Do one small thing to meet that need, even if it's just a glass of water or stepping outside for 60 seconds.

Remember: You can't pour from an empty cup. Rest isn't a reward for finishing; it's how you keep going.

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