



THE
WELLNESS
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UNDERSTANDING BURNOUT

When Stress Becomes Too Much



WHAT IS BURNOUT?

Burnout is a state of physical, emotional, and mental exhaustion caused by chronic, unmanaged stress.

It happens when the demands placed on you consistently outweigh the resources you have to cope and recover.

HOW BURNOUT DEVELOPS



CHRONIC DEMANDS

Too much to do, not enough time, pressure to perform

DEPLETED RESOURCES

Energy, time, support, and rest are drained

BURNOUT

Exhaustion, cynicism, and reduced sense of accomplishment

STRESS vs. BURNOUT



STRESS

- Overwhelmed
- Urgent
- Reactive
- Temporary
- Can feel energized after rest



BURNOUT

- Empty
- Hopeless
- Detached
- Long-term
- Can't recharge with rest



Stress is a normal response to pressure. Burnout happens when stress goes unmanaged for too long.

COMMON WARNING SIGNS



Constant exhaustion (physical and mental)



Cynicism, irritability, or detachment



Difficulty concentrating or remembering



Decreased motivation and productivity



Feelings of ineffectiveness or failure



Trouble sleeping or rest that doesn't restore



Physical symptoms (headaches, aches, stomach issues)



Withdrawing from people and activities you used to enjoy

WHAT HELPS?



REST & RECOVERY

Prioritize sleep, downtime, and regular breaks.



SET BOUNDARIES

Protect your time and energy. Learn to say no without guilt.



SEEK SUPPORT

Connect with people who listen, uplift, and remind you you're not alone.



REDUCE DEMANDS

Prioritize, delegate when possible, and release what isn't essential.



RECONNECT

Return to activities that bring meaning, joy, and a sense of purpose.



CARE FOR YOU

Move your body, nourish yourself, practice mindfulness, and be kind to you.



Remember:

Burnout is more than being tired. It's a signal that the demands placed on you have exceeded your resources for too long.

Recovery isn't about trying harder—it's about restoring resources, support, and space to recover.



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