MINDTHEORY
SMALL STEPS. A BRIGHTER YOU.

A Calmer You A Brighter Tomorrow ♡

Burnout Symptoms: 7 Signs You're Running on Empty

Understand • Recognize • Take Charge • Feel Better



1 Stress vs. Burnout

They can feel similar, but they are not the same.

Regular Stress (Short-Term)	Burnout (Long-Term)
Usually caused by external pressures.	Builds up over time.
Feels like a specific challenge to overcome.	Feels like ongoing emotional and mental exhaustion.
Energy may still come back after rest.	Energy feels drastically depleted even after rest.
Generally doesn't affect self-esteem.	Can lead to feelings of hopelessness and detachment.
Motivation and enthusiasm are still present.	Motivation, joy and interest in things decrease significantly.

Stress is a warning signal.
Burnout is what happens when the signal is ignored for too long.

2 7 Warning Signs of Burnout

If you notice several of these signs in yourself, it may be a sign that your emotional and mental energy is running low.

1. **Constant Fatigue**
   You feel tired most of the time, even after a full night's sleep.
2. **Brain Fog**
   Difficulty concentrating, forgetfulness, and feeling mentally "slow".
3. **Emotional Exhaustion**
   Feeling emotionally drained, numb or less interested in things you usually enjoy.
4. **Sleep Problems**
   Trouble falling asleep, staying asleep or feeling rested.
5. **Decreased Motivation**
   Tasks that once felt meaningful now feel like a burden.
6. **Social Withdrawal**
   Avoiding social interactions and wanting to be alone.
7. **Physical Symptoms**
   Frequent headaches, muscle tension, stomach issues or getting sick more often.

3 Recovery Action Steps

Burnout can be reversed. Small, consistent steps can make a big difference.

1 Calm Your Body



- Practice deep breathing (4-6-8).
- Try gentle movement yoga or stretching.
- Spend time in nature and get sunlight.
- Prioritize quality sleep.

A calmer body leads to a calmer mind and more energy.

2 Set Boundaries



- You don't have to be available all the time.
- Learn to say no without guilt.
- Protect your time and energy.
- Limit overcommitment and reduce non-essential tasks.

Your time and energy are valuable.

3 Nourish Your Mind



- Engage in activities that bring you joy.
- Take regular breaks throughout the day.
- Be mindful of your thoughts and self-talk.
- Consider talking to a trusted friend or a professional if needed.

Small steps today can lead to a brighter tomorrow.

You are more than your exhaustion. You've got this. ♡