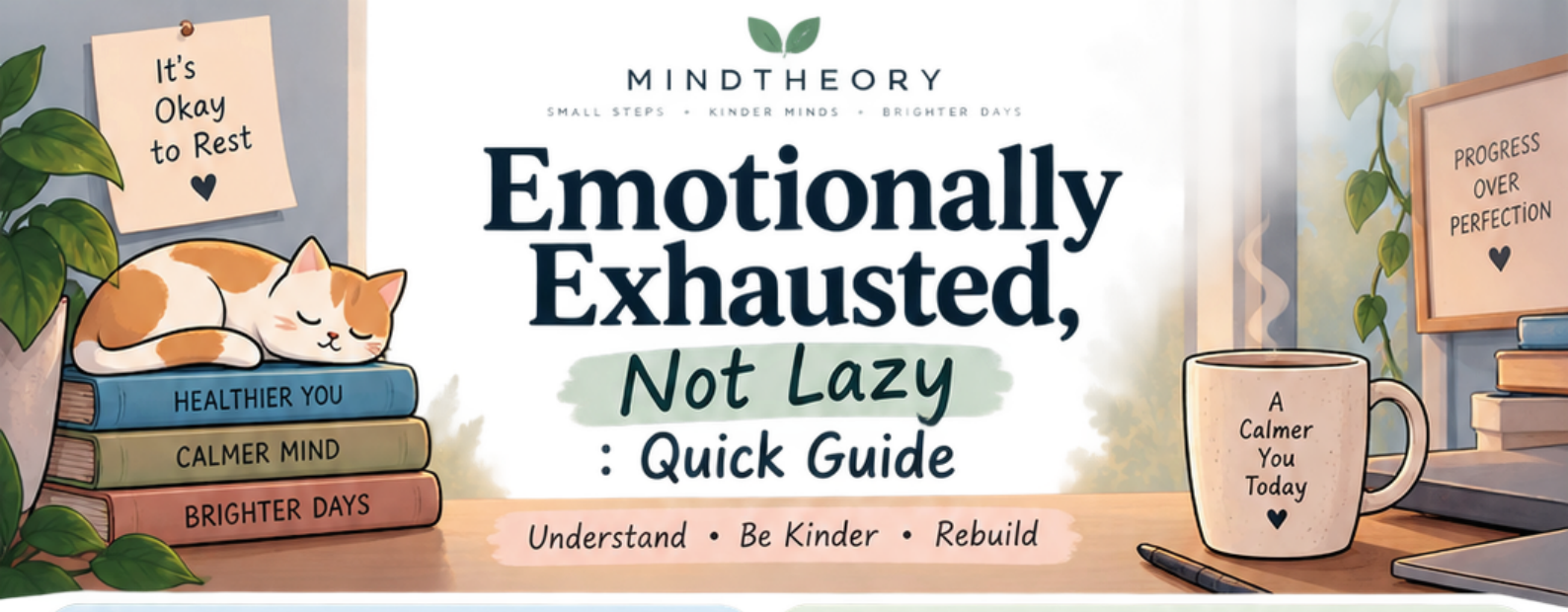


MINDTHEORY

SMALL STEPS • KINDER MINDS • BRIGHTER DAYS

Emotionally Exhausted, Not Lazy : Quick Guide

Understand • Be Kinder • Rebuild

1 Key Concept

Capacity vs Willingness

You're not lazy. You're emotionally exhausted. It's not a lack of willingness to do things, but a lower mental and emotional capacity to do them.



LOW CAPACITY

- Emotionally drained
- Harder to focus
- Even small tasks feel heavy
- Needs rest and support

LOW WILLINGNESS

- Has the energy but chooses not to do it
- Feels like procrastination
- Often situation-based
- Can change quickly

2 Self-Check Checklist

Guilt vs Peace

Notice how you feel. Which side sounds more like you right now?

Signs of Emotional Exhaustion

- ☐ Feel tired even after rest
- ☐ Small tasks feel overwhelming
- ☐ Hard to focus or make decisions
- ☐ Feel emotionally numb or irritated
- ☐ Social interaction feels draining
- ☐ You can't seem to find motivation
- ☐ You're hard on yourself
- ☐ You feel guilty for not doing more

Often leads to guilt

Signs of A Balanced Mind

- ☐ Have steady energy through the day
- ☐ Can focus on tasks more easily
- ☐ Feel motivated (even for small things)
- ☐ Emotionally more stable
- ☐ Enjoy spending time with others
- ☐ Feel in control of your day
- ☐ Be kinder to yourself
- ☐ Make time for rest without guilt

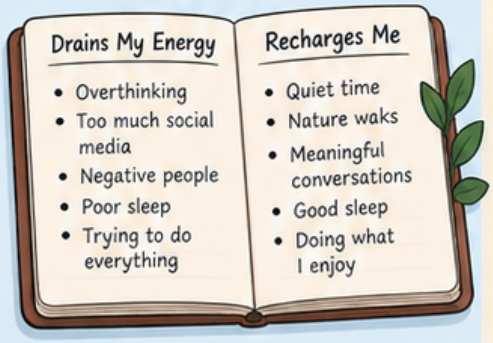
Brings more peace

3 Practical Recovery Steps

Small, consistent steps can help you feel like yourself again.

1 Energy Audit

Notice what drains and recharges you.



Drains My Energy	Recharges Me
• Overthinking	• Quiet time
• Too much social media	• Nature waks
• Negative people	• Meaningful conversations
• Poor sleep	• Good sleep
• Trying to do everything	• Doing what I enjoy

Do more of what refuels you. Do less of what drains you.

2 Set Gentle Boundaries

Protect your energy without guilt.



Boundaries create the space for a healthier, happier you.

3 Take Micro-Breaks

Rest in small, simple ways throughout the day.



Small breaks add up to a big difference.

A kinder mind creates a brighter you. ♥

YOU'RE DOING BETTER THAN YOU THINK