

# 10 Signs You're Headed for Burnout + How to Reclaim Your Energy

Download this as a gentle reminder that your energy is not unlimited - but it is renewable.

## 10 Early Signs of Burnout

- Constant Fatigue – No matter how much you sleep, you’re still exhausted. (Source: Mayo Clinic)
- Irritability or Mood Swings – Small things set you off more than they used to.
- Lack of Motivation – Even things you used to love now feel like chores. (Source: HelpGuide)
- Frequent Illness – Your immune system is compromised due to chronic stress.
- Brain Fog or Trouble Concentrating – It’s harder to stay focused or remember tasks.
- Poor Sleep (or Oversleeping) – You either can’t fall asleep or use sleep to escape.
- Increased Cynicism or Detachment – Feeling numb, withdrawn, or emotionally flat. (Source: APA)
- Digestive Issues – Stress can show up as bloating, nausea, or appetite changes.
- You’re Always “On” – The thought of resting makes you feel guilty.
- You’ve Thought “I Can’t Do This Anymore” – Even silently, this is a red flag.

# How to Reclaim Your Energy (Even If You're Busy)

- Start small. A 5-minute ritual in the morning can ground your entire day.
- Prioritize sleep. This is foundational: no hacks can replace rest.
- Set micro-boundaries. Say no without explaining. Protect your calendar.
- Disconnect daily. Screen-free time gives your brain a real reset.
- Fuel your body well. Blood sugar crashes = mood crashes. Stay nourished.
- Move daily. Gentle walks, stretching, dancing anything counts.
- Seek support. Whether it's therapy, coaching, or a trusted friend - don't go it alone. (Source: NIH)

# Bonus Reflection

What are 3 signs you've been ignoring lately? And what's one thing you can do this week to reclaim a moment of balance?

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