



Gentle Burnout Check-In

Burnout is not a weakness or a personal failure. It is often the result of carrying too much for too long without enough rest or support. Use this page gently — you do not need to answer everything.

1. What feels most draining right now?

This might be work, emotional labour, responsibility, decision-making, people-pleasing, or simply getting through the day. Name what feels heaviest.

2. How has burnout been showing up for me?

Examples might include exhaustion, detachment, irritability, reduced motivation, feeling numb, tearful, overwhelmed, or disconnected from yourself.

3. What have I been pushing through that I actually need support with?

Where have you been coping silently? What have you normalised that may actually be unsustainable?

4. One gentle permission I can give myself

This could be permission to rest, to say no, to ask for help, to slow down, or to stop expecting so much from yourself right now.

You are not broken. You are responding to prolonged pressure. Rest is not something you earn.