

Burnout & Stress

What's the Difference between Stress & Burnout?

Stress is your system in overdrive — it feels urgent, pressured, and often anxious.

Burnout is what happens when stress goes on too long without recovery. It shows up as numbness, fatigue, detachment, and feeling like you just... don't care anymore.

Stress says, "I have too much to do."

Burnout says, "None of this even matters."

You need care, not more pushing.

What are the Signs of Emotional Exhaustion?

Emotional exhaustion goes deeper than feeling "tired." You might notice:

- Snapping at small things
- Struggling to focus or care
- Crying easily or feeling numb
- Avoiding people or responsibilities
- Feeling like you're failing, even when you're doing your best

It's not weakness — it's a sign your system is overloaded and needs rest, not shame.

Why does rest matter for Healing Stress?

You can't think your way out of burnout — your body needs to *feel* safe again.

Rest isn't just sleep. It's:

- Slowing your breathing
- Taking a break from screens, noise, or people
- Doing something soothing with no outcome
- Letting yourself be still

Recovery happens when your nervous system knows: *You are not in danger anymore.*

What can I do when Everything Feels Too Much?

Start small — your goal is to soothe, not solve. Try:

- Placing one hand on your chest and one on your belly
- Taking 3 deep breaths
- Naming 3 things you can see or feel
- Telling yourself, "It's okay to pause"

Overwhelm isn't a sign you're broken — it's a signal to slow down and come back to yourself.

Did you know that there are 7 Types of Rest?

Rest isn't just about sleeping — it's about meeting different needs. The 7 types of rest are:

1. **Physical** — sleep, stretching, slowing down
2. **Mental** — quieting your mind, taking breaks
3. **Emotional** — letting yourself feel and express emotions
4. **Sensory** — reducing noise, light, screens
5. **Creative** — time in nature, art, inspiration
6. **Social** — being around safe people (or being alone)
7. **Spiritual** — connecting with meaning, values, or purpose

Ask yourself: *What kind of rest am I actually craving?*