

Free Guide



Burnout First Aid Kit



Burnout First Aid Kit

1. What burnout really feels like

Introduction

First of all, in order to understand how burnout feels like, you need to understand what is actually a burnout. In simple and straight one line sentence, burnout is when your mind and body are exhausted from constant stress. Burnout is not just about tiredness, it's emotional, physical, and mental drain.

But how burnout shows up - when stress becomes a part of lifestyle instead of a normal one- in-a-moment.

Burnout does not build overnight, it builds up over time. Now you have understood what is burnout, Now we will look into how burnout really feels like –

You may already know them, but you might not have the knowledge that they are basically signs of burnout.

You will feel tired even after having proper sleep. You can't be able to focus on anything for a long time, either it is studying or your daily work. Even small tasks feels heavy, even when they are not that much heavy. You may feel drained even before the day starts.

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2. Quick reset for overwhelmed minds

Here's a quick reset for your overwhelmed mind which will just take a few minutes – no hardwork or any kind of frustration.

Just take one slow deep breathe and relax your shoulders. Step away from noises if you can, even just for a moment.

You can also stretch yourself, sip water peacefully.

Even pausing in silence, noticing your senses can help calm the rush in your head. These tiny resets don't solve everything but give your mind space to safer place and start again.

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3. Setting Boundaries when you are drained -

Burnout often begins when you ignore your limit and keep saying yes to all the things because of guilt, what if he/ she breaks the relationship with me or they will never take my help again when I will be ok.

So setting up boundaries is not a bad thing – it's a form of self care and survival technique. And you don't have to please anyone to make someone happy. You have to see your health first because health is the most important thing and you don't need long explanations – short and honest responses are enough and good.

The short examples of responses are listed below

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- I want to help, but I don't have the energy right now.
 - I need to focus on my mental space today.
 - I won't be able to attend or join this time
 - I need to rest, so I'm saying no for now.
 - I'm not ignoring you — I just need downtime.
 - I have to slow down before I burn out completely.
 - I'm choosing rest instead of pushing myself.
 - That's too much for me to handle today."
 - I'm not available for this at the moment."

These small, small boundaries help you protect your well-being without needing to apologize to someone for needing your own space.

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**Emotional first aid for
burnout**

On burnout days, our mind only needs three things, care, care, and just care, nothing else. And what does emotional first aid mean? As I stated above, giving your mind and feelings immediate care when you are mentally low. Now what this thing includes? It includes taking a break, stepping away from stress, noticing your feelings, allowing yourself to rest, doing small things that calm your nervous system.