



Recognizing Burnout:



Signs to Watch For and
Simple Steps to Reconnect

BY KRYSTA MARAVILLA

VISIT MY WEBSITE!

A Gentle Check-In: Are You Burned Out?

Use this checklist to gently assess whether you might be experiencing burnout. If you find yourself checking several boxes, it might be time to prioritize your well-being.

Physical Signs:

- Chronic Fatigue:** Feeling tired all the time, even after a full night's sleep.
- Insomnia:** Trouble falling asleep or staying asleep.
- Frequent Headaches:** Experiencing more headaches than usual.
- Muscle Pain:** Unexplained muscle tension, pain, or soreness.
- Weakened Immune System:** Getting sick more often than usual.

Emotional Signs:

- Feeling Overwhelmed:** Constantly feeling like you can't keep up.
- Detachment:** Feeling disconnected from work, hobbies, or loved ones.
- Irritability or Mood Swings:** Getting irritated or upset more easily.
- Lack of Motivation:** Losing enthusiasm for activities you used to enjoy.
- Hopelessness or Cynicism:** Developing a more negative outlook or feeling hopeless.

Behavioral Signs:

- Procrastination:** Putting off tasks that you used to tackle with ease.
- Neglecting Responsibilities:** Ignoring or avoiding duties.
- Social Withdrawal:** Pulling away from social interactions.
- Poor Self-Care:** Neglecting basic self-care routines.
- Increased Use of Substances:** Relying on alcohol, drugs, or other substances to cope.

Mental Signs:

- Difficulty Concentrating:** Finding it hard to focus on tasks.
- Forgetfulness:** Struggling to remember important details.
- Negative Thoughts:** Experiencing more frequent negative or self-critical thoughts.

Simple Ways to Reconnect and Feel More Like Yourself

These gentle exercises are designed to help you reconnect with yourself, reduce stress, and rediscover your inner balance.

1. Mindful Breathing Exercise:



Find a quiet place where you won't be disturbed.

Sit comfortably with your back straight and close your eyes.

Take a deep breath through your nose, hold it for a few seconds, and slowly exhale through your mouth.

Focus on the sensation of your breath entering and leaving your body.

Repeat for 5-10 minutes, allowing your mind to clear and your body to relax.

2. Reconnecting with Your 'Why':



Take out a journal or a piece of paper.

Write down why you started your current journey—whether it's your job, a project, or goals.

Reflect on what initially sparked your passion and how it made you feel.

Consider how you can reconnect with that purpose today.

What small steps can you take to reignite that passion?

3. Gratitude Reflection:



At the end of each day, write down three things you're grateful for.

Reflect on these and how they made you feel.

Gratitude can help shift your focus away from stress and toward what's going well in your life.

4. Physical Reconnection:



Engage in a physical activity you enjoy, whether it's a walk in nature, yoga, dancing, or simply stretching.

Pay attention to how your body feels as you move, and let go of any tension or stress.

Movement can help you reconnect with your body and release pent-up energy.

5. Creative Expression:



Every morning, handwrite 3 pages in a journal. Let it be nonsensical.

Just dump what's in your brain.

Allow yourself to express your feelings and thoughts freely, without judgment.

Pick up a creative activity like drawing, painting, writing, puzzles, or playing music.

Creativity can be a powerful way to reconnect with your inner self and process emotions.

A Calming Meditation to Help You Reconnect

This simple meditation is designed to help you ground yourself and reconnect with your inner peace.

The Calm Within



Find a quiet, comfortable place where you can sit or lie down. Close your eyes and take a deep breath in, fill your lungs with air, and slowly exhale. On the next inhale, imagine inhaling peace, on your exhale, imagine letting go of tension.

Breathe in several cycles of peace and release until you feel relaxed.

Imagine yourself standing in the middle of a serene forest. The air is fresh and woody smelling, bird song fills the leafy canopy, and the soft ground under your feet cushions each step as you walk deeper into the forest.

With each step, feel the earth supporting you, grounding you.
You are safe here. You are at peace.



Eventually, you come across a small waterfall. The water flows, gurgling and bubbling, and you decide to sit beside it, dunking your feet into its perfect temperature.

Immediately you notice, that the pull of water drains away any of your remaining worries or stress.

Take a moment to reflect on your journey.
Why did you start? What passion fueled you? What joyful memories do you have?
Let these memories fill you.

As you sit by the stream, allow yourself to reconnect with that inner fire. Know that it's still within you, waiting to be reignited when the time is right. You may need to take a break from it for now, for your well-being, yet your dream and goal will always reside within you. It is a part of you.

When you're ready, take a deep breath, and as you exhale, slowly open your eyes.
May you carry a sense of peace with you



Conclusion:

Burnout can be a challenging experience, but with awareness and the right tools, you can overcome it and reconnect with yourself.

Use this guide whenever you need to assess where you are and find your way back to balance.

Ready to Navigate Your Path?

Work with Me 1:1



Are you feeling lost or unsure of your next steps? My personalized Wayfinding program is designed to help you discover your direction, align with your purpose, and take actionable steps toward your goals.

Benefits:

- Gain clarity on your goals and direction.
- Develop a personalized action plan.
- Receive ongoing support and accountability.



*Ready to take charge of your
future?*

Email me today to learn more about
how we can work together.



krystamaravilla.com



krysta@krystamaravilla.com

Krysta
MARAVILLA