



# ARE YOU BURNT OUT?

**15 SIGNS YOU MIGHT BE IGNORING**

# How to Use This Checklist

Check the boxes that feel true for you right now. Be honest - this is just for you.

- **5+ checked:** Likely burnout symptoms. Your system is asking for change.
- **8+ checked:** High alert. Your nervous system needs support.
- **12+ checked:** High concern. Please reach out to a professional or trusted person.

# The Checklist

## **PHYSICAL SIGNS:**

- I'm exhausted even after sleeping
- My body feels heavy or constantly tense
- I get headaches, stomach issues, or muscle pain regularly
- I'm getting sick more often than usual

## **EMOTIONAL SIGNS:**

- I feel numb or detached from things I used to care about
- I cry easily or feel like crying but can't
- I feel irritable, angry, or resentful more than usual
- I feel hopeless about things getting better

## **MENTAL SIGNS:**

- I can't concentrate or my mind feels foggy
- Small decisions feel impossible or overwhelming
- I forget things constantly
- I feel like I'm just going through the motions

## **BEHAVIORAL SIGNS:**

- A phone ringing or unexpected notification makes me anxious
- I'm avoiding people, even people I usually enjoy
- Everything feels urgent, even small things
- I've stopped doing things I used to enjoy
- I feel guilty when I rest
- I'm working longer hours but getting less done
- The thought of things not going my way feels catastrophic

## **Your Results**

Boxes checked: \_\_\_\_\_

# Where to Start

## What Now?

Burnout didn't happen overnight. Recovery won't either. But you can start today.

### Small steps:

- Tell someone you trust how you're feeling
- Give yourself permission to rest (even for 10 minutes)
- Stop one thing that's draining you
- Consider professional support (therapy, coaching, medical care)

## Want Deeper Support?

This checklist is just the beginning. If you want to understand what's happening in your body and how to actually recover:

→ **Get the Burnout Assessment Workbook** (£9)

A complete 10-page guide that helps you:

- Understand why you're burned out (not just that you are)
- Identify what's draining you vs. what's sustaining you
- Create a gentle recovery plan that actually fits your life
- Know when to seek professional help

→ **Get Permission to Pause** (£15)

The full burnout recovery guide with science-backed strategies, the Keep/Pause/Release framework, and journal prompts for rebuilding slowly.

**Visit [www.iammayasteele.blog](http://www.iammayasteele.blog)**

You're not broken. You're not weak. You're burned out and that's fixable.

**With care,**

**Maya Steele**