



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Checklist

Burnout is more than simply being tired.

Long-term stress, trauma, emotional pressure, masking, caregiving or survival mode can leave the nervous system emotionally, mentally and physically exhausted.

Many people do not recognise burnout until they reach a point of emotional shutdown or overwhelm.

This checklist is designed to help identify signs that stress and nervous system overload may be affecting your wellbeing.

1. Emotional Exhaustion

Do you:

- ☐ Feel emotionally drained most of the time?
- ☐ Feel like you have nothing left to give emotionally?
- ☐ Become overwhelmed more easily than before?
- ☐ Feel emotionally numb or disconnected sometimes?
- ☐ Struggle to feel excited or motivated?
- ☐ Feel exhausted even after resting?

2. Mental Overload

Do you:

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- ☐ Struggle to concentrate or focus?
- ☐ Feel mentally “foggy” or forgetful?
- ☐ Feel overwhelmed by simple tasks?
- ☐ Avoid responsibilities because everything feels too much?
- ☐ Feel like your brain never fully switches off?
- ☐ Overthink constantly or feel mentally overloaded?

3. Nervous System Stress

Do you:

- ☐ Feel constantly “on edge” or hyper-alert?
- ☐ Struggle to relax without guilt?
- ☐ Feel emotionally tense most of the time?
- ☐ Experience irritability or emotional sensitivity more often?
- ☐ Feel emotionally exhausted after social interaction?
- ☐ Feel like your nervous system is overloaded?

4. Physical & Everyday Signs

Have you:

- ☐ Experienced disrupted sleep or constant fatigue?

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- ☐ Neglected meals, hydration or basic self-care?
- ☐ Felt physically tense or exhausted frequently?
- ☐ Withdrawn from people or activities?

- ☐ Felt emotionally detached from daily life?
- ☐ Lost motivation for things you normally care about?

5. Survival Mode & Over-Functioning

Do you:

- ☐ Feel unable to slow down even when exhausted?
- ☐ Feel guilty resting or taking breaks?
- ☐ Push yourself beyond your emotional limits regularly?
- ☐ Feel responsible for everyone else's wellbeing?
- ☐ Continue saying "I'm fine" while struggling internally?
- ☐ Feel like you are surviving rather than living?

Reflection

If several of these statements feel familiar, your nervous system may be carrying long-term stress, overwhelm or emotional exhaustion.

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Burnout can affect:

- Emotional wellbeing
- Physical energy
- Motivation and concentration
- Nervous system regulation
- Confidence and self-care

Many people continue functioning outwardly while privately feeling close to emotional exhaustion.

Important Reminder

Burnout is not laziness, weakness or failure.

Many people experiencing burnout have spent long periods carrying emotional pressure, stress or survival responsibilities without enough rest or support.

Your exhaustion deserves attention and care.

Support & Further Resources

You deserve support, rest and emotionally safe spaces to recover.

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