



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Worksheet

Burnout often develops gradually.

Many people continue pushing themselves through stress, pressure, caregiving, masking or survival mode until their nervous system reaches exhaustion.

Burnout is not weakness or laziness.

It is often the result of carrying too much for too long without enough rest, support or emotional safety.

This worksheet is designed to help identify personal burnout patterns, warning signs and recovery needs.

1. Early Signs I Am Becoming Overwhelmed

Examples may include:

- Irritability
- Emotional sensitivity
- Overthinking
- Feeling mentally overloaded
- Exhaustion
- Difficulty concentrating
- Emotional shutdown or numbness
- Increased anxiety

Our vision is to break silence and rebuild lives, for this generation and the next.

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

Reflection Space

What signs usually tell you your nervous system is becoming overwhelmed?

2. What Usually Contributes to My Burnout?

Examples may include:

- Overworking
- People pleasing
- Caregiving responsibilities
- Emotional pressure
- Conflict or instability
- Sensory overload
- Lack of rest
- Masking or over-functioning

Our vision is to break silence and rebuild lives, for this generation and the next.

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

Reflection Space

What situations, environments or patterns tend to increase burnout for you?

3. What Happens When Burnout Gets Worse?

Examples may include:

- Emotional shutdown
- Withdrawal or isolation
- Exhaustion
- Brain fog
- Anxiety or panic
- Difficulty functioning normally
- Feeling emotionally detached
- Loss of motivation

Our vision is to break silence and rebuild lives, for this generation and the next.

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

Reflection Space

What happens emotionally, mentally or physically when burnout becomes more severe?

4. What Helps MeTo Recover?

Examples may include:

- Rest and recovery time
- Reduced pressure
- Calm environments
- Supportive people
- Reduced sensory overload
- Boundaries and emotional space
- Sleep, food and hydration
- Being emotionally understood

Reflection Space

Our vision is to break silence and rebuild lives, for this generation and the next.

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

What genuinely helps your nervous system recover?

5. Things I Need More Of

Reflection Space

What support, boundaries or lifestyle changes may help reduce burnout long term?

Reflection

Many people only allow themselves rest once they reach complete exhaustion.

Burnout can affect:

- Emotional wellbeing

Our vision is to break silence and rebuild lives, for this generation and the next.

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

- Concentration and memory
- Physical energy
- Relationships
- Nervous system regulation
- Confidence and motivation

Recognising burnout earlier can help reduce emotional collapse and support healthier recovery.

Important Reminder

You do not need to reach breaking point before deserving rest, support or compassion.

Your exhaustion matters.

Support & Further Resources

Understanding burnout patterns can support emotional wellbeing, nervous system regulation and healthier recovery over time.

WeAreUnmuted

Turning silence into understanding through lived experience.

Our vision is to break silence and rebuild lives, for this generation and the next.

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806