

**SIGNS YOU OR
YOUR CAREGIVER**
are Burned Out



RECOGNIZING BURNOUT

The W.H.O. now recognizes burnout and its internal classifications of disease. It explains it as a result of chronic stress, feelings of mental exhaustion, negative feelings and reduced productivity.

I felt like I was overgiving and being taken advantage of because of that - emotionally. Because I was taking on everyone's energy, it was exhausting me, because I wanted my clients to have success.

It negatively impacted my self-esteem and self-worth, which were attached to work going well that day or not. I was blaming, complaining, and just wanted every night to not think and watch garbage TV. I didn't have the patience or compassion I normally do.

Burnout can look like anxiety, depression, cynicism and pessimism, hopelessness, dread, lack of motivation, anger, emotional instability.

Physical signs can be headaches, migraines, body aches and tension, fatigue, change in appetite, weight gain or loss, and difficulty sleeping.

These symptoms will ultimately impact your productivity, performance, social withdrawal, emotional outbursts, or just more feelings of frustration.

It's stress over demand for your time and the capacity to be able to handle it.

For me, I wanted to over-give, do more, do it all.

This came as a result of programming and conditioning from childhood - giving all the time or overgiving. Feeling like you are being taken advantage of.

Here are a couple questions to see if you are burned out:

Awareness is critical, so that you can recognize patterns of your own behavior and body when dysregulated due to stress.

- How are you feeling when you wake up?
- How do you feel when you perform daily tasks?
- How does your body feel when you perform these tasks?
- How do you feel at the end of the day?

Finding out who or what your stressors are will help you to understand when you are being overstimulated.

Once you are aware, it's time to learn how to regulate your nervous system once more.

HI, I'M CASEY!

I'm a 3x Cancer Survivor - Diagnosed in 2014 with Acute Lymphoblastic Leukemia.

As a Cancer Coach, Yoga Instructor and Personal Trainer, I help women through cancer survivorship, so they can embrace their "new normal" and truly live their best life.



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