

5 SIGNS YOU'RE EMOTIONALLY EXHAUSTED

EVEN IF YOU LOOK LIKE YOU'RE
COPING

HEALD
THERAPY



A SAFE PLACE WHERE HEALING BEGINS

YOU'RE CONSTANTLY TIRED NO MATTER HOW MUCH YOU REST

THIS KIND OF EXHAUSTION IS OFTEN MORE THAN JUST PHYSICAL TIREDNESS. EMOTIONAL EXHAUSTION CAN LEAVE YOU FEELING DRAINED EVEN AFTER REST, A LONG SLEEP, TIME OFF OR EVEN A "QUIET DAY". SOMETIMES YOUR MIND AND NERVOUS SYSTEM HAVE SIMPLY BEEN CARRYING TOO MUCH FOR TOO LONG THAT IT TAKES MORE TO RECOVER.

SMALL THINGS SUDDENLY FEEL OVERWHELMING

THINGS YOU WOULD NORMALLY MANAGE EASILY CAN START TO FEEL DISPROPORTIONATELY STRESSFUL — THE DAY-TO-DAY STUFF; REPLYING TO MESSAGES, MAKING DECISIONS, NOISE, PLANS OR SIMPLE TASKS. WHEN WE'RE EMOTIONALLY EXHAUSTED, OUR CAPACITY BECOMES MUCH SMALLER AND OUR TOLERANCE LEVEL DECREASES.

YOU STRUGGLE TO PROPERLY SWITCH OFF

YOU FINALLY SIT DOWN TO RELAX, BUT YOUR MIND KEEPS GOING - IT DOESN'T STOP. OVERTHINKING, MENTALLY REPLAYING CONVERSATIONS, WORRYING ABOUT TOMORROW OR FEELING GUILTY FOR RESTING CAN ALL BE SIGNS THAT YOUR NERVOUS SYSTEM HASN'T HAD A CHANCE TO SLOW DOWN. YOU'RE STUCK IN SURVIVAL MODE.

YOU'RE FUNCTIONING... BUT ONLY JUST

FROM THE OUTSIDE, IT MAY LOOK LIKE YOU'RE COPING TO EVERYONE ELSE. YOU'RE STILL GOING TO WORK, REPLYING TO PEOPLE, LOOKING AFTER EVERYONE ELSE AND GETTING THROUGH THE DAY. BUT INTERNALLY, IT CAN FEEL LIKE YOU'RE RUNNING PURELY ON AUTOPILOT... RUNNING ON EMPTY.

YOU DON'T FEEL LIKE YOURSELF ANYMORE

SOMETIMES EMOTIONAL EXHAUSTION DOESN'T LOOK LIKE FALLING APART — SOMETIMES IT LOOKS LIKE FEELING DISCONNECTED FROM YOURSELF, EMOTIONALLY FLAT, IRRITABLE, UNMOTIVATED OR SIMPLY "NOT QUITE RIGHT". YOU DON'T FEEL LIKE YOU. MANY PEOPLE STAY IN THIS SPACE FOR A LONG TIME BEFORE REALISING HOW MUCH THEY'VE BEEN CARRYING.

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GENTLE REMINDERS

REST IS PRODUCTIVE TOO.

SLOWING DOWN IS NOT LAZINESS.

YOU ARE ALLOWED TO NEED SUPPORT.

IT'S OKAY IF YOUR CAPACITY LOOKS DIFFERENT RIGHT
NOW.

YOU DESERVE THE SAME COMPASSION YOU GIVE TO
EVERYONE ELSE.

SOMETIMES THE MOST PRODUCTIVE THING YOU CAN DO IS
PAUSE.

HEALING IS NOT LINEAR.

YOU DON'T HAVE TO CARRY EVERYTHING ON YOUR OWN.

STOP. PAUSE. TAKE A BREATH.

FROM HEALD THERAPY

IF ANY PART OF THIS RESONATED WITH YOU,
PLEASE KNOW YOU ARE NOT ALONE IN WHAT
YOU'RE CARRYING.

SO MANY PEOPLE ARE QUIETLY HOLDING
EVERYTHING TOGETHER WHILST FEELING
EMOTIONALLY EXHAUSTED UNDERNEATH IT ALL.

SOMETIMES THE SMALLEST REMINDER TO SLOW
DOWN, BREATHE OR ASK FOR SUPPORT CAN MAKE
MORE DIFFERENCE THAN WE REALISE.

BE GENTLE WITH YOURSELF 

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