3. Memory Becomes Foggy
🗱 Your memory area (hippocampus) shrinks.
You feel mentally "blank" and struggle to learn.
4. Happy Chemicals Drop
Dopamine & serotonin go down.
→ You stop enjoying life. You feel numb and tired.

> 💬 Want to know how burnout affects your daily life?
How burnout shows up in real life:
Area Signs You'll Notice

W ork	Can't focus, lose interest, miss deadlines
Mood	Feel low, blank, or irritated all the time
🛌 Sleep	Can't sleep, or wake up tired
Mind	Overthinking, foggy brain, no motivation
Ծ Social	Avoid people, snap at loved ones

> 🔼 It's not just "being tired."

Burnout is real. But the good news is... your brain can heal.

> Want to see tools that can help you recover?

7 Tools to Heal from Burnout:

1. 🕹 Meditation

Sit quietly for 10 mins. Focus on your breath.

Let your brain breathe.

Here is the link to download

https://play.google.com/store/apps/details?id=org.heartfulness.heartintune.prod

2. Gratitude Journal

Every day, write 3 good things — big or small.

It rewires your brain for joy.

Here is the link to download

https://play.google.com/store/apps/details?id=com.northstar.gratitude

3. Walking Daily (Nature helps!)

30 minutes of walking resets your nervous system.

Here is the link to download

https://play.google.com/store/apps/details?id=com.google.android.apps.fitness

4. 🕲 Digital Detox

Stay away from social media for 1–2 hours daily.

Real-life joy > screen dopamine.

5. 🔈 Deep Breathing

Try Box Breathing:

Inhale $4s \rightarrow Hold \ 4s \rightarrow Exhale \ 4s \rightarrow Hold \ 4s \rightarrow Repeat$

Here is the link to download

6. 😯 Sleep Better
Same sleep time daily. No screens before bed.
Deep rest = brain repair.
7. 🤝 Talk to Someone
Share with a friend or therapist.
Talking lifts the weight.
> 🍞 Want to know what happens once you start these tools?

What Happens When You Practice These Tools?

Time Period Your Brain Response

Week 1 Slight calmness. You sleep better.

Week 2-3 Focus and energy start returning.

Week 4-6 Mood improves. Less stress. More clarity.

2+ Months Brain heals. You feel strong and joyful.

> **Remember this:**

Burnout is not a weakness. It's your brain's way of saying:

"I've carried too much. Please take care of me."

Here's what burnout does to your brain



> O Prefrontal Cortex (Your Focus & Logic Boss)

It helps you think, plan, and make good choices. Burnout slows it down. You feel foggy and distracted.

> 🔥 Amygdala (Your Inner Alarm Bell)

It spots danger and stress. In burnout, it becomes extra sensitive — making you anxious, scared, or angry fast.		
> 🗱 Hippocampus (Your Memory Guide)		
It stores your memories. Burnout shrinks it — so you forget things or can't learn well.		