



Burnout Reset Kit:

A Digital Guide to Recharge, Reflect, and Reclaim Your Energy

What Is Burnout?


Burnout isn't just "being tired."

It's emotional, mental, and physical exhaustion caused by prolonged stress — often when you've been giving more than you're getting back.

Common signs include:

- Feeling detached or cynical about work or daily responsibilities
- Loss of motivation or fulfillment
- Physical fatigue or insomnia
- Difficulty concentrating
- Emotional numbness or irritability
- Feeling like rest doesn't "work" anymore

If you've nodded at least twice, take a deep breath. You're not alone — and this guide is here to help you reset.



Burnout Self-Assessment

Rate the following statements on a scale of 1-5
(1 = Not at all true, 5 = Very true):

- I feel emotionally drained by my work or responsibilities.
- I have trouble focusing or staying motivated.
- I feel like I'm running on empty, even after rest.
- Small tasks feel overwhelming or pointless.
- I often put others' needs before my own to the point of exhaustion.
- I feel detached or numb more often than not.
- I've lost interest in things I used to enjoy.
- I feel guilty when I take breaks or rest.
- I experience physical tension, headaches, or fatigue regularly.
- I often think, 'I can't keep doing this.'

If your total is 25 or higher, your body and mind may be signaling that rest and support are needed.



Emotion + Body Check-In

Burnout often lives in the body.

Use this page to explore what your system is trying to tell you.

Prompts:

1. Where do I feel tension or discomfort in my body?
2. What emotion feels most present right now — stress, guilt, frustration, sadness, numbness?
3. If my body could speak, what would it ask for?



Reflect Without Judgement

Use these prompts to explore your current state. Respond honestly and without self-criticism.

- What parts of my life feel most draining right now?
- What responsibilities do I take on that don't align with my values or capacity?
- What signs does my body give me when I'm approaching burnout?
- What does true rest look like for me — not what I think it 'should' look like?

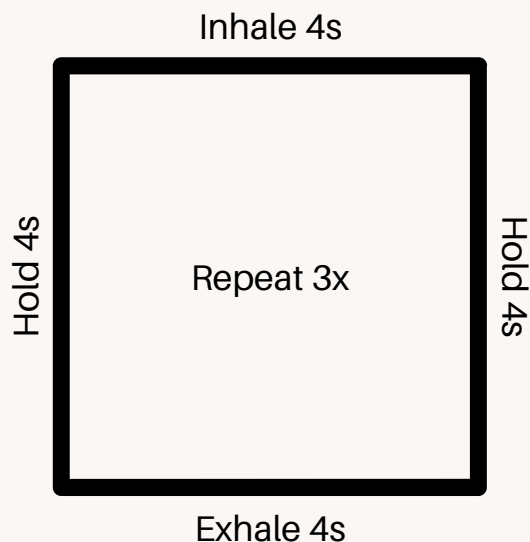
Write here:

Regulation Reset



Quick grounding exercises to reconnect with your body and calm your nervous system:

Box Breathing



5-4-3-2-1

Identify:

- 5 things you see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Gentle movement — unclench your jaw, roll shoulders, stretch your hands.

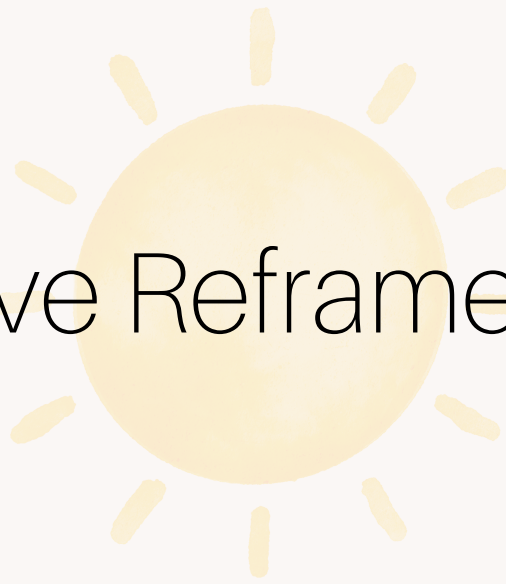
Name one thing that's within your control right now.



Refill + Recharge

Small ways to refill your energy tank this week:

- Say 'no' to one unnecessary commitment.
- Take a walk or stretch between tasks.
- Listen to music that matches your mood.
- Reach out to someone who makes you feel seen.
- Schedule one guilt-free break, even if it's 10 minutes.




Cognitive Reframe Corner

Identify the burnout-driven thoughts and reframe them into something more compassionate and grounded.

Burnout Thought	Reframed Perspective
<ul style="list-style-type: none">• "If I rest, I'm lazy".• "I can't stop; people depend on me".• "I should be handling this better".• "I don't have time for self-care".	<ul style="list-style-type: none">• "Rest is recovery, not weakness."• "I can pause without abandoning anyone."• "I'm doing my best with the energy I have."• "Five minutes of calm can reset my whole day."

Write
your
own





Boundaries Blueprint + Energy Tracker

Notice what drains and restores your energy.

Use this awareness to set boundaries that protect your well-being.

Prompts:


1. Where am I saying 'yes' when I really mean 'no'?
2. What situations or people leave me emotionally drained?
3. What activities or moments refill my energy?



Joy Sparks + Reconnection

Small, doable ways to reconnect with joy and meaning
(no toxic positivity required):

- Step outside for two minutes of fresh air.
- Revisit an old hobby for the fun of it.
- Write down three things you're grateful for — no pressure to be deep.
- Have a slow morning without multitasking.
- Watch something that makes you laugh.
- Send a kind message to someone who gets it.



Support + Reflection

If burnout feels unmanageable, you are not alone —
support is available and recovery is possible.

- SAMHSA Helpline — 1-800-662-4357 (Free, confidential 24/7 support)
- NAMI HelpLine — nami.org/help (Peer support and education)
- Crisis Text Line — Text HOME to 741741 (Free 24/7 emotional support)

If you are in **crisis** or experiencing thoughts of self-harm, call or text
988 to reach the Suicide and Crisis Lifeline.

If you are in **immediate danger** or need emergency assistance,
please call **911** or go to your nearest emergency department.

You are allowed to rest. You are allowed to stop running on empty.
You are allowed to take up space — even when you're not 'doing.'

Digital Product Terms of Use & Licensing Agreement

Effective Date: April 3, 2026

By downloading the ***Burnout Reset Kit: A Digital Guide to Recharge, Reflect, and Reclaim Your Energy***, you agree to the following terms of use and licensing agreement:

1. License for Personal Use Only

- The Product is for personal, non-commercial use only. You may download, print, and use the materials for your own personal self-care and wellness needs.
- Sharing, reselling, or redistributing this Product, in whole or in part, is strictly prohibited. This includes but is not limited to uploading the Product to websites, social media platforms, file-sharing services, or reselling it in digital or physical format.

2. Copyright Ownership

- All content within the Product, including text, graphics, and designs, is the exclusive intellectual property of **Alyssa Proietto LLC**. It is protected under U.S. and international copyright laws.
- You may not modify, copy, distribute, or create derivative works based on the Product without explicit written consent from **Alyssa Proietto LLC**.

3. Unauthorized Use

- Any unauthorized use, reproduction, or distribution of the Product may result in legal action. We reserve the right to pursue appropriate legal remedies in case of violation of these terms.

4. Disclaimer

- The information and resources provided in the Product are for educational and informational purposes only. They are not intended to substitute professional therapy, counseling, or medical advice.
- **Alyssa Proietto LLC** is not liable for any outcomes related to the use of this Product.

5. Modifications to Terms

- We reserve the right to update or change these terms at any time without prior notice. Any changes will be effective immediately upon posting.