

**Are You Just
Tired Or Is It**

Burnout?



**You might think
you're just tired...
but is it **burnout**?**

Swipe through to spot the
early signs before it takes
over.



Burnout isn't just exhaustion. It's deeper.

It drains you physically,
mentally, and emotionally,
until even rest doesn't help.



Early warning signs of **burnout**:

- ✓ Extreme exhaustion (not just tiredness)
- ✓ Poor sleep, always feeling drained
- ✓ Irritability & mood swings
- ✓ Losing interest in things you once loved



Your body will warn you too:

- !! Unexplained weight gain/loss
- !! Frequent headaches or body pain
- !! Digestive issues (bloating, constipation)
- !! Even dental problems like gum disease



Burnout affects everything:

-  Relationships suffer
-  Work feels overwhelming
-  You make more mistakes & accidents happen



**Pain x Resistance
= Suffering**

Ignoring burnout doesn't make it go away, it makes it worse. The earlier you spot it, the faster you recover.





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