

# **10 Burnout Warning Signs Every Woman Should Know**

**And the actions you can take**



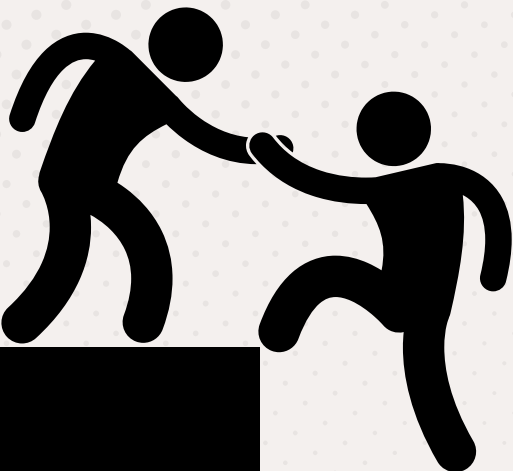


# Cynicism has replaced your normal optimism

Everything seems pointless, and colleagues frustrate you.

## Try this

Start a "gratitude buddy" system with a trusted friend. Each day, text each other one good thing that happened. This helps you notice the positive things again.



2.

## Your memory betrays you constantly

Brain fog means you're dropping details you never would.

### Try this

Create a simple note-taking system on your phone or computer. Use Notion, Google Task, or another tool to record important things right away so you don't have to remember everything. This gives your tired brain a break.



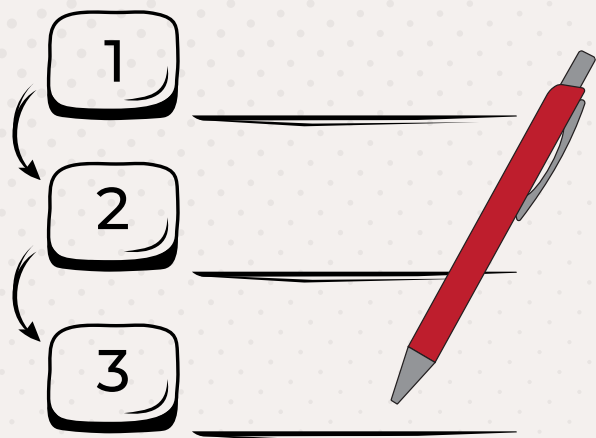
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## Sunday night dread hits you like a wall

You once loved your work, now you feel only anxiety.

**Try this**

Pick three small tasks to focus on for Monday morning. Write them on a sticky note. Having a clear plan helps you worry less about the whole week ahead.



# 4.

## The simplest decisions feel impossibly hard

Your brain's executive function is depleted.

### Try this

Ask yourself: "Will I care about this next month?" and "What's the worst that could happen?" These two questions make choices simpler when your brain feels stuck.



**5.**

## **Emotions feel either nonexistent or overwhelming**

You're either completely numb or overreacting.

### **Try this**

Try this easy breathing trick: breathe in for 4 counts, hold for 7, breathe out for 8. This calms your body quickly when feelings get too strong.



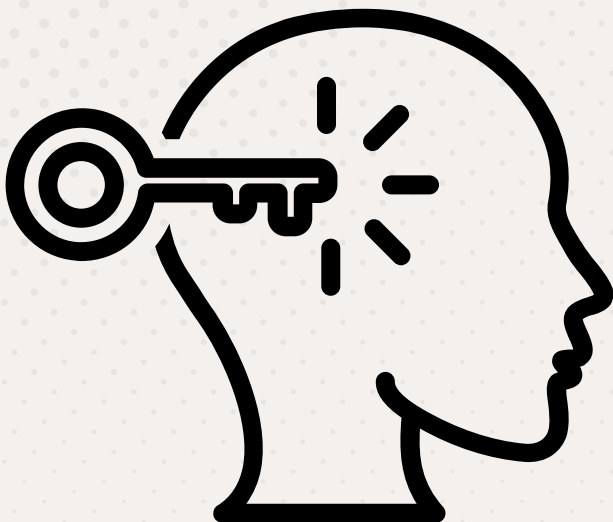


# Physical symptoms pile up mysteriously

Headaches, stomach issues, or insomnia appear

**Try this**

Take 5 minutes during lunch to check in with your body. Notice where you feel tension or pain. Just being aware can be the first step to feeling better.







# The word "no" is gone from your vocabulary

You're overcommitted because boundaries have slipped.

## Try this

Save some ready-to-use responses like: "I can't do this now, but I could help next month" or "I think Sarah would be perfect for this task." This makes saying no easier.







# Your self-care rituals have vanished entirely

When did you last do something just for your wellbeing?

**Try this**

Turn some meetings into walking meetings. You'll get exercise while still getting work done. Moving your body helps clear your mind, too.



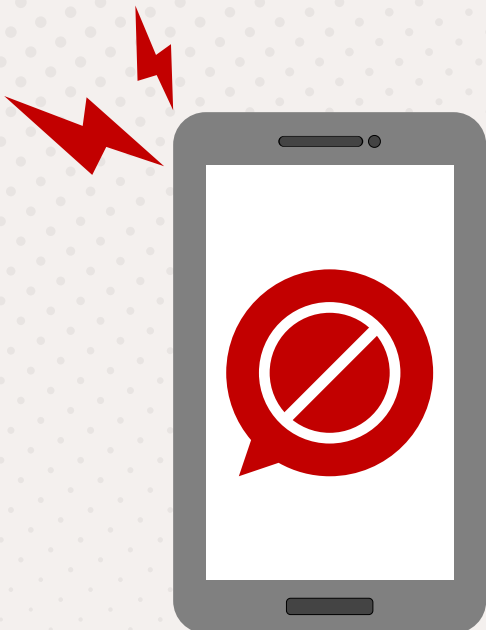


# Work-life boundaries have collapsed

You're checking email at dinner and midnight.

## Try this

Use apps that block work emails after hours. Tell your team when you'll be offline. Setting clear times to disconnect helps you truly rest.



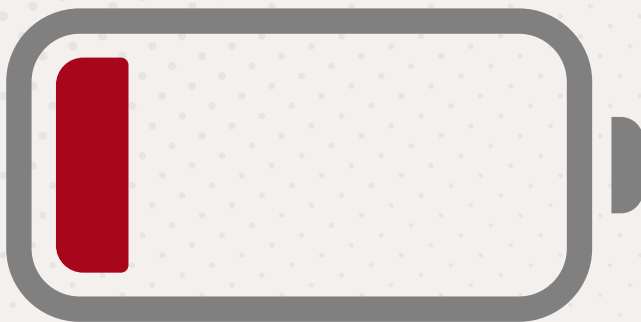
**10.**

## **You're running on empty but can't slow down**

The thought of pausing feels more stressful than pushing.

### **Try this**

Taking breaks isn't being lazy. It's like charging your phone. You work better after rest. Even 15 minutes away from your desk can make a big difference.



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