

STRESS & BURNOUT · SIGNS AND RECOVERY

Stress & burnout

Some pressure sharpens us. Without recovery, it wears us down.



Exhaustion

Tiredness sleep doesn't fix



Cynicism

Dread, distance, going numb



Reduced drive

Focus and motivation slip

01 Stress vs burnout

A degree of stress sharpens focus and performance. Sustained stress without recovery does the opposite — it drains us. Burnout is the end of that road: exhaustion, cynicism or detachment, and a sense of reduced effectiveness at things that used to feel manageable.

02 Why pushing harder fails

Burnout is a signal that the load has outrun recovery for too long. Pushing harder deepens it. The way back is to restore the balance — genuine rest and boundaries first, then reconnecting with what makes the effort meaningful.

03 Recovery pillars

- ✓ Real rest and firm boundaries around work
- ✓ Reconnecting with what matters to you
- ✓ Small, sustainable routines over big overhauls
- ✓ Support — from people, and sometimes a psychologist

THE CURVE

Pressure and performance



Performance rises with pressure — to a point. Past the peak, overload sets in, and then burnout.

PRACTICAL TOOLKIT

Boundary of the week

- ✓ Choose one boundary to hold
- ✓ A finish time, a no, a phone-free hour
- ✓ Protect it for a week

Notice what shifts.

WHEN TO SEEK HELP

If exhaustion, dread or low mood have set in and won't lift, a psychologist can help you recover and prevent relapse. Medicare rebates may apply with a GP referral.

IN CRISIS — 24/7

Lifeline 13 11 14 · Emergency 000
mindhealth.com.au/urgent-help

THE TAKEAWAY

Burnout isn't a personal failing. It's a signal that recovery has to come first.

TALK TO US WHEN YOU'RE READY

Parramatta & online, Australia-wide · mindhealth.com.au

1300 084 200