

*BURNOUT RECOVERY*

# *BREAKTHROUGH IN AN HOUR ROADMAP*



A RESET FOR WOMEN READY TO RECLAIM CLARITY,  
ENERGY, AND SELF-TRUST

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WELCOME

## WHAT IS BURNOUT

BURNOUT ISN'T JUST ABOUT BEING TIRED. IT SHOWS UP AS:

- FEELING DRAINED NO MATTER HOW MUCH YOU REST
- LOSING CONNECTION TO JOY, CREATIVITY, OR PURPOSE
- SAYING YES WHEN YOUR WHOLE BODY WANTS TO SAY NO
- WONDERING WHO YOU ARE OUTSIDE OF YOUR WORK, ROLES, AND RESPONSIBILITIES

IF YOU'VE BUILT A SUCCESSFUL LIFE BUT STILL FEEL STUCK, YOU'RE NOT ALONE – AND YOU DON'T HAVE TO STAY HERE.

THIS ROADMAP IS YOUR FIRST STEP BACK INTO ALIGNMENT. IN LESS THAN AN HOUR, YOU'LL:

- ✓ MEASURE WHERE YOU ARE ON THE BURNOUT SCALE
- ✓ IDENTIFY ONE POWERFUL SHIFT IN YOUR ENERGY
- ✓ PRACTICE A BODY RESET TO RELEASE TENSION
- ✓ EXPERIMENT WITH A MICRO-BOUNDARY THAT PROTECTS

YOUR TIME AND PEACE

PREMIUM CHANGE DOESN'T HAPPEN BY ACCIDENT – IT HAPPENS WHEN YOU CLAIM SPACE FOR IT. THAT STARTS NOW.



## BURNOUT CHECK-IN

# REFLECT

BURNOUT ISN'T ONLY ABOUT BEING TIRED—IT'S ABOUT BEING DEPLETED. IT HAPPENS WHEN YOUR INNER RESOURCES ARE DRAINED FASTER THAN YOU CAN RESTORE THEM. YOU MIGHT STILL BE FUNCTIONING, SHOWING UP, CHECKING BOXES—BUT YOUR SPARK FEELS DIMMED. THIS CHECK-IN HELPS YOU RECOGNIZE WHERE THAT DEPLETION IS SHOWING UP IN YOUR MIND, BODY, AND ENERGY SO YOU CAN BEGIN TO RESPOND WITH CARE, NOT CRITICISM.

I FEEL EXHAUSTED NO MATTER HOW MUCH I REST

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

NOT TRUE

VERY TRUE

I CAN'T ACCESS JOY OR CREATIVITY THE WAY I USED TO

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

NOT TRUE

VERY TRUE

MY BOUNDARIES ARE BLURRED OR IGNORED

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

NOT TRUE

VERY TRUE

I'M QUESTIONING WHO I AM BEYOND RESPONSIBILITIES

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

NOT TRUE

VERY TRUE

IF YOU SCORED 3 OR HIGHER ON TWO OR MORE STATEMENTS, YOU MAY BE IN A BURNOUT CYCLE—YOUR BODY'S WAY OF SAYING IT NEEDS RESTORATION. AWARENESS IS THE FIRST STEP TOWARD RECOVERY.

**REFLECT!** WHICH SIGNS FEEL MOST FAMILIAR RIGHT NOW?



WHAT MIGHT YOUR BODY BE ASKING FOR?

NOTICING IS THE BEGINNING OF CHANGE.

## JOURNAL

TAKE A DEEP BREATH. SLOW DOWN. LET YOUR WORDS MEET YOU WHERE YOU ARE.

**“WHERE IS MY ENERGY LEAKING THE MOST RIGHT NOW?”  
WRITE FREELY FOR FIVE MINUTES. DON’T EDIT OR ANALYZE. JUST LET  
THE TRUTH MOVE FROM YOUR BODY TO THE PAGE.  
WHEN YOU FINISH, UNDERLINE ANYTHING THAT FEELS TRUE OR  
CHARGED. THESE ARE CLUES TO WHAT NEEDS YOUR CARE NEXT.**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

# A QUICK *RESET*



## 4 STEPS, 2 MINUTES

YOUR BODY HOLDS ONTO STRESS LONG AFTER YOUR MIND SAYS YOU'RE FINE. THIS SHORT RESET HELPS SHIFT YOUR NERVOUS SYSTEM OUT OF "GO MODE" AND BACK INTO PRESENCE. IT'S A SIMPLE WAY TO CHECK IN WITH YOURSELF WHEN YOU DON'T HAVE TIME FOR A FULL BREAK.

**STEP 1: SHOULDER ROLLS (FORWARD & BACK X3)**

FEEL TENSION RELEASE FROM YOUR NECK AND UPPER BACK.

LET YOUR EXHALE SOFTEN THE SPACE BETWEEN YOUR SHOULDER BLADES.

**STEP 2: DEEP BREATH (INHALE + AUDIBLE SIGH X3)**

INHALE DEEPLY THROUGH YOUR NOSE, FILLING YOUR RIBS AND BELLY.

EXHALE WITH AN AUDIBLE SIGH THROUGH YOUR MOUTH—LIKE A SOFT "AHHH."

EACH BREATH SIGNALS TO YOUR BODY: YOU ARE SAFE RIGHT NOW.

**STEP 3: CAT-COW STRETCH (OPTIONAL, 30-60 SECONDS)**

PLACE HANDS ON THIGHS OR KNEES.

INHALE, ARCH YOUR SPINE GENTLY, LIFTING YOUR CHEST.

EXHALE, ROUND YOUR BACK AND TUCK YOUR CHIN.

MOVE SLOWLY, MATCHING EACH MOTION TO YOUR BREATH.

**STEP 4: INTEGRATE**

AFTER COMPLETING THE RESET, PAUSE FOR 15 SECONDS.

ASK YOURSELF:

- HOW DO I FEEL NOW COMPARED TO TWO MINUTES AGO?
- WHERE DO I NOTICE MORE EASE OR OPENNESS?
- WHAT SMALL RESET COULD I BUILD INTO MY DAILY ROUTINE?

THESE TINY RESETS ARE LIKE WHISPERS TO YOUR NERVOUS SYSTEM—REMINDERS THAT REST DOESN'T HAVE TO WAIT UNTIL EVERYTHING IS DONE.

# SET A

## MICRO-BOUNDARY

BOUNDARIES ARE THE DIFFERENCE BETWEEN EXHAUSTION AND FREEDOM. THEY PROTECT YOUR ENERGY SO YOU CAN SHOW UP AS YOUR FULL SELF—NOT JUST YOUR FUNCTIONAL ONE. YOU DON'T NEED A TOTAL OVERHAUL TO START SHIFTING YOUR CAPACITY. BEGIN SMALL. BOUNDARIES WORK BEST WHEN THEY'RE CONSISTENT, NOT PERFECT.

CHOOSE ONE SMALL BOUNDARY TO SET IN THE NEXT 48 HOURS:

- PROTECT THE FIRST HOUR OF YOUR DAY FOR YOURSELF
- DECLINE ONE NON-ESSENTIAL MEETING OR REQUEST
- CLOSE YOUR LAPTOP AT A SET TIME
- SAY "LET ME GET BACK TO YOU" INSTEAD OF YES BY DEFAULT
- CHOOSE A WALK INSTEAD OF ANOTHER EPISODE

BOUNDARY OF CHOICE \_\_\_\_\_

REFLECTION:

"IF I SET THIS BOUNDARY, I GAIN \_\_\_\_."

(USE THE SPACE BELOW TO REFLECT ON WHAT THIS BOUNDARY WOULD CREATE—TIME, PEACE, ENERGY, OR SIMPLY BREATHING ROOM.)

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# FROM AWARENESS TO ACTION

YOU'VE DONE SOMETHING POWERFUL HERE—YOU  
PAUSED LONG ENOUGH TO LISTEN TO YOURSELF.  
THAT AWARENESS IS THE FOUNDATION OF REAL  
CHANGE.

THE NEXT STEP IS CREATING SPACE TO ACT ON  
WHAT YOU'VE LEARNED—BEFORE LIFE PULLS YOU  
BACK INTO OLD PATTERNS.

“CLARITY WITHOUT ACTION FADES.”

A BURNOUT RECOVERY INTENSIVE IS DESIGNED  
FOR EXACTLY THIS MOMENT—

WHEN YOU'RE AWARE SOMETHING NEEDS TO SHIFT  
BUT DON'T WANT TO DO IT ALONE.

IT'S A FULL DAY DEVOTED TO YOU—TO  
RECALIBRATE, UNTANGLE WHAT'S DRAINING YOU,  
AND BUILD A PLAN THAT ACTUALLY FITS YOUR LIFE  
AND ENERGY.

ONE DAY. REAL RELIEF. TANGIBLE DIRECTION.

IF THIS RESONATES, DON'T WAIT FOR THE NEXT  
WAVE OF EXHAUSTION.

SPOTS ARE INTENTIONALLY LIMITED TO KEEP THIS  
WORK PERSONAL AND FOCUSED.

*Leah Walter*

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