

# The Burnout Recovery Blueprint

FOR THE WOMAN RUNNING A BUSINESS & A FAMILY



*You are not broken. You are depleted. There is a difference — and there is a path back.  
Use this guide as your starting point to rebuilding energy that lasts.*

RECOGNISE THE SIGNS

- |                                     |                                    |                                      |
|-------------------------------------|------------------------------------|--------------------------------------|
| ● Waking between 2–4am, mind racing | ● Needing caffeine to function     | ● Emotional reactivity or short fuse |
| ● Craving sugar or salt constantly  | ● Brain fog & poor concentration   | ● Getting sick more frequently       |
| ● Loss of joy in things you love    | ● Feeling tired but unable to rest | ● Overwhelm from small decisions     |

5 FOUNDATIONS OF BURNOUT RECOVERY

## Nourish Your Blood Sugar 01

Skipping meals spikes cortisol and deepens exhaustion. Stable blood sugar is the foundation of stable energy — and stable mood.

START HERE

Include protein, fat & fibre at every meal. Never skip breakfast. Eat within 1 hour of waking.

## Support Your Adrenals 02

Chronic stress depletes the adrenal glands. Adaptogens like withania, rhodiola & holy basil support your body's resilience to stress.

START HERE

Create 10 minutes of genuine stillness each morning — before your phone. Herbal teas count.

## Replenish Key Nutrients 03

Stress rapidly depletes magnesium, B vitamins, vitamin C, and zinc — the very nutrients your nervous system needs to cope.

START HERE

Add magnesium-rich foods: dark leafy greens, pumpkin seeds, cacao, almonds. Consider a practitioner-grade supplement.

## Reset Your Nervous System 04

Burnout keeps you locked in sympathetic (fight/flight) mode. Vagal nerve activation shifts you into rest-digest, where healing happens.

START HERE

Try: slow exhale breaths (inhale 4, exhale 8), humming, cold water on your face, or legs up the wall for 5 minutes.

## Restore Rest & Create Boundaries 05

Sleep is not optional — it is where cortisol resets, hormones repair, and your immune system rebuilds. Boundaries are not selfish; biologically, they reduce chronic threat activation in your nervous system.

START HERE

Dim lights after 8pm. No screens 30 min before bed. Identify one commitment this week you can release, delegate, or say no to.

### Three Things to Do Today



NOURISH

Eat a protein-rich breakfast within the hour of waking.

Don't skip a meal today.



BREATHE

Practice 5 rounds of 4-count inhale, 8-count exhale

before lunch.



RELEASE

Identify one thing on your list that can wait, be

delegated, or be said no to.

*"Burnout is not a weakness. It is what happens when the world asks more of you than your body has been supported to give."*