

# Awareness Sheet #1 | Emotional Exhaustion

## 10 signs emotional exhaustion may be affecting you

Sometimes exhaustion is not physical. Sometimes it comes from carrying thoughts, emotions, responsibilities, and expectations for longer than we realise.

If any of the following feel familiar, *emotional exhaustion* may be contributing to how you feel.

### 1. You wake up tired even after sleeping

Rest no longer seems to restore your energy the way it once did.

### 2. Small tasks feel unusually heavy

Things that were once manageable now require more effort than expected.

### 3. You feel emotionally flat

You are functioning, but not feeling particularly connected, inspired, or engaged.

### 4. You find yourself withdrawing

Social interaction can feel more draining than nourishing.

### 5. You struggle to feel motivated

Even important goals may feel difficult to engage with.

### 6. You become irritated more easily

Your emotional capacity feels reduced.

### 7. You keep pushing through

You continue functioning despite recognising you may need rest or support.

### 8. You rarely give yourself permission to pause

There is always something else that needs attention.

### 9. You feel disconnected from yourself

You are meeting responsibilities but losing connection with your own needs.

### 10. You cannot remember the last time you felt genuinely restored

Recovery has become temporary rather than complete.



## A Gentle Reflection

Ask yourself:

**\* What in my life feels heavier than I have been willing to acknowledge?**

There is nothing to fix.

Nothing to force.

Simply notice.

**Sometimes awareness begins when we honestly acknowledge what we have been carrying.**

A space to pause | A space to listen | A space to return to you.

