

Holiday Burnout Check In

A 3-Minute Nervous System Self-Assessment

This is not a diagnosis, just a gentle way to notice how your body and mind are actually doing this season.

Instructions:

Read each statement and check what feels true over the past 1–2 weeks.

- I feel emotionally exhausted even when I haven't "done that much."
- I feel irritable, snappy, or easily overwhelmed.
- I feel checked out at times.
- I'm tired but have trouble resting or slowing down.
- Small tasks feel bigger than they should.
- I feel pressure to keep everything together for others.
- I feel resentment or guilt around holiday expectations.
- My body feels tense, heavy, or on edge.
- I'm sleeping poorly or waking up already tired.
- I feel too busy to lean into "joy" even during "good" moments.



What This Means (Simply): Burnout isn't just "too much stress." It's what happens when your nervous system doesn't get enough safety, rest, or regulation for too long. And the holidays quietly magnify: emotional labor, sensory overload, family dynamics, pressure to perform, lack of true rest.

★ One Gentle Reset You Can Try Today

Right now, place one hand on your chest and one on your belly.

Take 3 slow breaths and *exhale a little longer* than you inhale.

You don't have to "fix" anything.

Reminder yourself: "My only job right now is to breathe. I don't have to do or fix everything today."