

THE BURNOUT RESET GUIDE



**HOW TO FEEL LIKE YOURSELF AGAIN
(WITHOUT CHANGING YOUR WHOLE LIFE).**

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IF YOU'RE RUNNING ON CAFFEINE, ADRENALINE, AND PURE
WILLPOWER, THIS IS FOR YOU.

THIS SIMPLE GUIDE WILL HELP YOU:

- CALM YOUR NERVOUS SYSTEM
- STABILISE ENERGY DIPS AND CRASHES
- IMPROVE SLEEP QUALITY
- REDUCE OVERWHELM AND MENTAL FATIGUE
- REBUILD RESILIENCE FROM THE INSIDE OUT

WHO IT'S FOR ? THIS IS FOR THE PERSON WHO:

- WAKES UP TIRED
- FEELS "WIRED BUT EXHAUSTED" AT NIGHT
- CRASHES AT 3-4PM
- FEELS FLAT, FOGGY, OR EMOTIONALLY SNAPPY
- IS DOING ALL THE RIGHT THINGS BUT STILL DOESN'T FEEL OKAY

INSIDE YOUR BURNOUT RESET GUIDE

YOU'LL LEARN:

- THE HIDDEN DRIVERS OF BURNOUT (THAT MOST PEOPLE MISS)
- THE NERVOUS SYSTEM SIGNS THAT YOUR BODY IS IN SURVIVAL MODE
- THE SIMPLEST NUTRITION CHANGES THAT STABILISE ENERGY AND MOOD
- WHAT TO DO IF YOUR SLEEP LOOKS FINE ON PAPER BUT YOU STILL WAKE UP TIRED
- A 5 MINUTE DAILY RESET THAT HELPS YOUR BODY SWITCH INTO REST MODE
- THE MOST USEFUL BLOOD MARKERS TO CHECK IF EXHAUSTION WON'T BUDGE



*IF YOU'RE READING THIS, I WANT YOU TO
KNOW SOMETHING IMPORTANT.*

You are not lazy, you are not overreacting and you do not need to “push harder”. Burnout is not a personality flaw, nor does it have anything to do with willpower. It’s a biological state. It happens when the nervous system has been stuck in survival mode for too long, and the body begins to down-regulate energy, motivation, mood, digestion, sleep, and resilience.

This guide is designed to give you a starting point. Not a complete life overhaul. Not 47 supplements. Not a perfect routine. Just foundational strategies that help your body shift out of stress physiology and back into steadier energy and emotional balance.



THE BURNOUT CYCLE

Burnout commonly looks like:

- waking up tired, even after sleep
- low motivation and brain fog
- irritability, anxiety, or emotional flatness
- cravings, especially sugar and salty snacks
- poor stress tolerance
- digestive symptoms
- frequent colds and lowered immunity

This happens because chronic stress affects:

- cortisol rhythm
- blood sugar regulation
- inflammation pathways
- nutrient status
- neurotransmitter balance
- sleep architecture

*Burnout is not just “mental”.
It is whole-body physiology.*



EAT FOR STABLE ENERGY

One of the fastest ways to support the nervous system is to stabilise blood sugar. When glucose is unstable, the brain interprets it as danger. That triggers adrenaline and cortisol. That can then feel like:

Anxiety, shaky energy, afternoon crashes, nighttime alertness, irritability & cravings.

The simplest rule:

Aim for protein + fibre + healthy fats at every meal. A good breakfast example:

- **eggs with spinach and avocado**
- **Greek yoghurt with chia, berries, and nuts**
- **a protein smoothie with oats, collagen/protein & nut butter.**





STOP THE 3-4PM CRASH

That afternoon slump is usually a combination of:

- low protein at breakfast or lunch
- blood sugar drop
- dehydration and low electrolytes
- nervous system overload
- not enough daylight exposure

Snack examples:

- tuna + rice crackers
- boiled eggs
- protein yoghurt
- cheese + apple
- leftover meatballs
- hummus + veggie sticks



The "3pm Rescue"

- 1 glass water with electrolytes
- 10 minute walk outside
- A protein-based snack (25 to 30g)

THE NERVOUS SYSTEM NEEDS SAFETY BEFORE IT CAN HEAL

If your body is constantly in fight/flight, it cannot: digest properly, repair gut lining, regulate hormones, sleep deeply, maintain steady mood or sustain energy.

One daily reset (5 minutes)

Try this once daily for 7 days:

- sit down
- hand on chest
- slow inhale through the nose for 4 seconds
- exhale for 6 seconds
- repeat for 5 minutes

This helps stimulate the vagal nerve and signals safety to the brain.



SLEEP IS NOT JUST ABOUT THE HOURS.

You can sleep 8 hours and still wake up tired if:

- you're not reaching deep sleep
- you're waking frequently
- cortisol is elevated at night
- blood sugar drops overnight
- inflammation is high
- breathing is disrupted

The sleep trio you need to start:

- morning sunlight within 30 minutes of waking
- magnesium glycinate, threonate or citrate
- stop screens 60 to 90 minutes before bed (or at least dim them)



NUTRIENTS THAT COMMONLY RUN LOW IN BURNOUT

Burnout often coincides with depletion, particularly:

- iron and ferritin
- B12
- folate
- magnesium
- zinc
- vitamin D
- omega-3 fatty acids

This is why people can feel exhausted even with a "good lifestyle". Sometimes it is not about trying harder. It is about replenishing what the body has been using up.





THE MOST USEFUL BLOOD TESTS IF EXHAUSTED

If fatigue has been persistent for 3+ months, I usually recommend checking:

Foundational

- Full blood count
- Full Iron studies
- B12, folate & homocysteine
- Vitamin D
- Thyroid panel (TSH, FT4, FT3)

Metabolic and inflammation

- Fasting insulin
- Fasting glucose
- HbA1c
- CRP
- Liver function

Optional but helpful

- Cortisol testing (saliva or DUTCH).
- Stool analysis if gut symptoms are present.



Final notes....

Burnout recovery is not about becoming a new person. It's about returning to yourself.

Start small.

Choose 2 or 3 changes.

Let them become your baseline.

Then build.

If you'd like personalised support, I offer online consultations Australia-wide.

You do not have to figure this out alone.

**All my love,
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