



## Mental Health: Burnout — Signs and Solutions

Burnout affects both emotional and metabolic health in ways that are often overlooked. Chronic stress and prolonged mental strain elevate cortisol levels, disrupt sleep cycles, and impair insulin sensitivity. Over time, this hormonal imbalance can increase inflammation, promote abdominal fat accumulation, and reduce energy production at the cellular level. What begins as emotional exhaustion can quietly evolve into metabolic dysfunction.

Many people mistake burnout for laziness, lack of discipline, or simply “getting older.” In reality, burnout is a physiological stress response that requires recovery — not criticism. Recognizing early signs such as persistent fatigue, disrupted sleep, reduced motivation, and increased cravings allows for intervention before deeper metabolic consequences develop. Addressing stress, improving sleep, and restoring recovery habits can prevent long-term decline and rebuild resilience.

### 01 Is This Your Story?

A high-performing professional notices fatigue and detachment but pushes harder. Over time, weight increases and blood pressure rises. When boundaries, scheduled recovery, and counseling are introduced, mood improves and metabolic labs stabilize.

### 02 Try This Today

**Measure:** Rate your energy and motivation daily this week.

**Do:** Schedule non-negotiable recovery time today.

**Reflect:** Ask whether you're thriving or merely enduring.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

