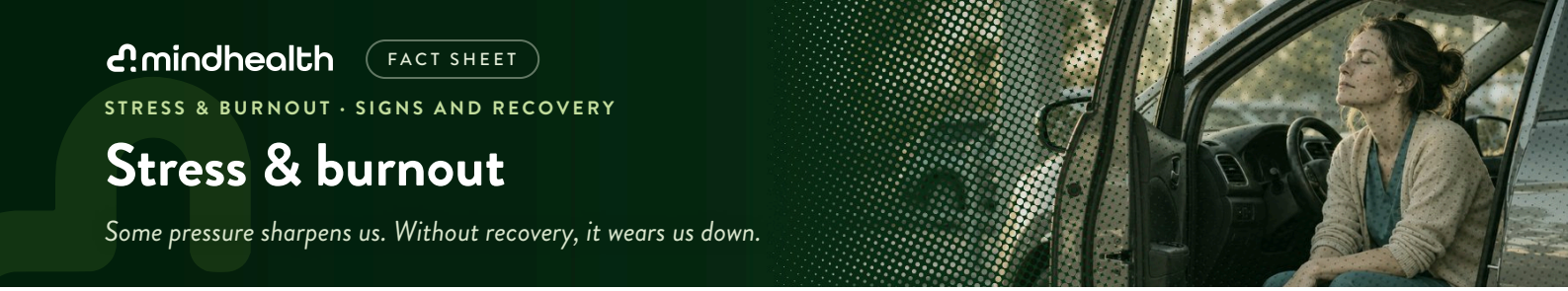
mindhealth FACT SHEET

STRESS & BURNOUT · SIGNS AND RECOVERY

Stress & burnout

Some pressure sharpens us. Without recovery, it wears us down.



Exhaustion
Tiredness sleep doesn't fix

Cynicism
Dread, distance, going numb

Reduced drive
Focus and motivation slip

01 Stress vs burnout

A degree of stress sharpens focus and performance. Sustained stress without recovery does the opposite: it drains us. Burnout is the end of that road: exhaustion, cynicism or detachment, and a sense of reduced effectiveness at things that used to feel manageable.

02 Why pushing harder fails

Burnout is a signal that the load has outrun recovery for too long. Pushing harder deepens it. The way back is to restore the balance: genuine rest and boundaries first, then reconnecting with what makes the effort meaningful.

03 Recovery pillars

- Real rest and firm boundaries around work
- Reconnecting with what matters to you
- Small, sustainable routines over big overhauls
- Support: from people, and sometimes a psychologist

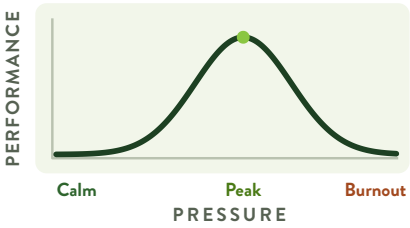
A PRACTICAL STORY

From running on empty to protecting recovery



THE CURVE

Pressure and performance



Performance rises with pressure, to a point. Past the peak, overload sets in, and then burnout.

PRACTICAL TOOLKIT

Boundary of the week

1. Choose one boundary to hold
2. A finish time, a no, a phone-free hour
3. Protect it for a week

Notice what shifts.

WHEN TO SEEK HELP

If exhaustion, dread or low mood have set in and won't lift, a psychologist can help you recover and prevent relapse. Medicare rebates may apply with a GP referral.

DID YOU KNOW?

Psychologist Herbert Freudenberger popularised the word burnout in 1974, writing about volunteers at a free clinic in New York.

Freudenberger, 1974

THE KEY TAKEAWAY

Burnout isn't a personal failing. It's a signal that recovery has to come first.

Need support right now? Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

Parramatta and online, Australia-wide · **Book at mindhealth.com.au**

1300 084 200

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