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How to Not Burnout



Link: <https://tiny.pl/p-c58k9c2>

For many people, exhaustion has become normal.
Feeling overwhelmed.
Running on adrenaline.
Waking up tired — even after a full night's sleep.

But burnout is not a badge of honour.
It is a signal.

Burnout is what happens when your system can no longer cope with sustained stress.

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This guide explains:

- **The red flags of burnout**
- **How stress affects the body**
- **Practical ways to recover**
- **Key nutrients that support resilience**

The Hidden Cost of Stress

When we experience stress:

- The heart beats faster
- Pupils dilate
- Blood sugar rises
- Adrenaline and cortisol increase

This is the stress response.

Three Stages of Stress

Stage 1: Alarm

The initial surge. Adrenaline and cortisol spike.
Blood flows away from the brain to the muscles.

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Stage 2: Resistance

Stress becomes chronic.

The adrenal glands work continuously to cope.
Irritability and pressure build.

Stage 3: Exhaustion

The system becomes depleted.

Energy drops.

Mood declines.

Burnout sets in.

Burnout Red Flags

You may experience:

- Constant exhaustion
- Waking tired despite sleeping
- Dizziness
- Low motivation
- Reduced drive
- Small tasks feeling overwhelming

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Burnout often happens when your plate is already full — and you keep adding to it.

No amount of pushing heals burnout.
Rest and patience do.

How not to Burnout

Slow down.

Ask yourself what you can stop doing.
Learn where to say no.

Identify your stressors.

Who or what is draining your energy?

Set boundaries.

Without boundaries, you overload.

Do not compromise sleep.

Recovery depends on it.

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Take regular breaks.

Even brief pauses improve focus and memory.

You can react.

Or you can respond.

Lengthen the space between stimulus and response.

Nutrition and Burnout

Eat adequate calories throughout the day.

Undereating combined with stress accelerates exhaustion.

Eat every three to four hours.

Choose nutrient-dense foods.

Focus on:

- Quality protein
- Healthy fats
- Vegetables
- Fruit
- Water

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Avoid caffeine where possible.

It behaves like sugar in the body –
a temporary lift followed by a crash.

Reduce alcohol.

Alcohol depletes vitamins, minerals and resilience.

Every meal is an opportunity

to nourish – or neglect – your system.

Nutrients for Stress Resilience

Chronic stress depletes key nutrients –
particularly those required for energy production.

Magnesium

Essential for:

- Energy production (ATP activation)
- Muscle relaxation
- Nervous system regulation
- Blood sugar balance
- Cellular repair

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Signs of deficiency Magnesium may include:

- Fatigue
- Sugar cravings
- Muscle cramps
- Sleep disturbances

Magnesium malate or glycinate may be considered at 300–400mg daily where appropriate.

Ashwagandha

An adaptogenic herb that supports adrenal function.

Research shows:

- Reduced cortisol levels
- Improved stress resilience
- Reduced anxiety
- Support for mood balance

By helping regulate the stress response, ashwagandha supports sustained energy — without overstimulation.

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Conclusion

Burnout is not solved with more caffeine.
It is addressed by restoring balance.

When you:

- Manage stress
- Protect sleep
- Nourish consistently
- Support key nutrients

You restore resilience.

Energy is not about pushing harder.
It is about supporting the system intelligently.

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