



The Burnout Body Scan

5-Minute Check-In to Catch Stress Before It Catches You



Most people don't realize they're burned out until their body forces them to stop. This scan helps you check in before you hit the wall, so you can reset, not crash. Find a quiet moment, take one slow breath, and check in with each area below.

1 Jaw & Shoulder Tension

Check in: Are your teeth clenched? Are your shoulders toward your ears?

What it means: Your body is bracing for impact...even when there's no immediate threat. This is your nervous system stuck in "prepare to fight" mode.

Reset: Drop your shoulders. Unclench your jaw. Open your mouth wide, then relax. Roll your neck slowly side to side. Repeat 3x.

2 Shallow or Held Breath

Check in: When did you last take a deep breath? Are you breathing into your chest only?

What it means: Shallow breathing keeps your stress elevated. It's one of the earliest and most overlooked sign of overwhelm.

Reset: Inhale through your nose for 4 counts. Hold for 4. Exhale slowly for 6. Repeat 3-5 times. This activates your parasympathetic nervous system.

3 Mental Fog or Forgetfulness

Check in: Are you re-reading the same sentence? Losing your train of thought mid-conversation?

What it means: Chronic stress floods the brain with cortisol, impairing memory and focus. Brain fog isn't a character flaw, it's a stress symptom.

Reset: Step outside or near a window for 5 minutes. Let your eyes soften and gaze at something in the distance. Drink a full glass of water.

4 Irritability or Emotional Reactivity

Check in: Are small things setting you off? Feeling resentful, impatient, or just "done"?

What it means: When your nervous system is dysregulated, your emotional threshold drops. You're not overreacting, you're overloaded.

Reset: Place one hand on your chest and one on your belly. Feel your heartbeat. Take 3 slow breaths and silently say: "I am safe right now."

5 Exhaustion That Sleep Doesn't Fix

Check in: Do you wake up tired? Feel like no amount of rest is ever enough?

What it means: This is nervous system fatigue, not just physical tiredness. It's a sign your body hasn't had a true rest, even during sleep.

Reset: Try a 20-minute Yoga Nidra (guided body scan meditation) before bed. It's one of the most restorative practices for deep nervous system recovery.

Ready to go deeper?

If 3 or more of these signals resonated with you, your body is asking for more than a quick reset. Book a free 20-minute Wellness Alignment Call and let's find the right support for where you are right now.



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