

"You're Not Lazy — You're Burned Out"

EPISODE 3

A Gentle Reset for Letting Go of Emotional Overload



✦ Reflection

Being strong doesn't always mean carrying everything on your own.

Over time, constantly holding space for others while ignoring your own needs can become emotionally exhausting. True strength also includes asking for support, honoring your limits, and allowing yourself to rest.

This week is an invitation to release the pressure of always having to **"hold it all together."**

✦ Journal Prompts

- Where in my life do I feel like I always have to be the strong one?
- What emotions have I been pushing aside or avoiding?
- What would I ask for if I knew I wouldn't be judged?
- What boundaries could help protect my energy this week?
- What does true strength look like to me today?



✦ Weekly Reset Practice

Take a quiet moment today and place both hands over your heart.

As you breathe slowly, repeat:

"I don't have to carry everything alone."

Allow yourself to soften your shoulders, unclench your jaw, and notice any areas of tension your body is ready to release.



✦ Gentle Reminder

Strength isn't measured by how much you carry.

Sometimes the strongest thing you can do is let yourself be supported.

You deserve the same compassion you so freely give to others.



See you next week in The Reset Room

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New episodes and companion resources are released weekly.
The Reset Room | *A space to pause, reflect, and begin again.*

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