

"You're Not Lazy — You're Burned Out"

EPIISODE 2

A Gentle Reset for Rest, Recovery & Self-Compassion



✦ Reflection

Burnout isn't a lack of motivation—it's often the result of carrying too much for too long without enough time to recover.

When your nervous system has been in survival mode, even simple tasks can feel overwhelming. Rest isn't something you earn; it's something your mind and body need in order to heal.

Today is an invitation to replace self-criticism with self-compassion.

✦ Journal Prompts

- Where in my life do I feel physically, mentally, or emotionally exhausted?
- What expectations am I placing on myself that may no longer be realistic?
- What signs has my body been giving me that I may have ignored?
- What activities genuinely restore my energy instead of simply distracting me?
- What is one way I can give myself permission to rest this week?



✦ Weekly Reset Practice

Take five minutes today without your phone, television, or distractions. Sit quietly.

Place one hand on your heart and one on your abdomen.

Take ten slow breaths, allowing your exhale to become slightly longer than your inhale.

Notice how your body feels before returning to your day.



✦ Gentle Reminder

You are not lazy.

You may simply be carrying more than your nervous system was designed to hold without rest. Healing begins when you stop fighting yourself.



See you next week in The Reset Room

Enjoyed this week's reset?

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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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