

# BREAKING FREE FROM BURNOUT



Recognize the Signs, Understand the Causes,  
and Reclaim Your Energy as a High-Achieving  
Woman

# INTRODUCTION

## Why You Feel Burned Out?

Have you ever felt like no matter how hard you work, you're still running on empty? Burnout doesn't mean failure—it's your body's way of asking for change.

### My Story:

I remember the exact moment burnout hit me. Sitting at my desk, my to-do list growing longer by the second, my chest felt heavy. I had worked so hard to build a successful career, yet I felt trapped. The exhaustion wasn't just physical—I felt like I was losing my sense of purpose. That's when I knew something had to change. I started small—setting boundaries, prioritizing rest, and saying 'no' more often. Over time, I rediscovered my energy, my joy, and my sense of self.

If this resonates with you, you are not alone. This guide will help you understand the signs, causes, and—most importantly—how to break free and reclaim your energy



# Understanding Burnout

## What is Burnout?

Burnout is not just physical exhaustion—it's emotional and mental depletion caused by chronic stress.

## CHAPTER 1

### Common signs

- ▶ Feeling constantly tired, even after rest.
- ▶ Struggling with motivation or passion for work.
- ▶ Overreacting emotionally to minor challenges.
- ▶ Difficulty concentrating or making decisions.
- ▶ Increased irritability or withdrawal from social connections.

### Psychological Reasons Behind Burnout

- ▶ Perfectionism: The need to "prove" your worth through overachieving.
- ▶ People-Pleasing: Difficulty setting boundaries and saying no.
- ▶ Fear of Failure: Constantly pushing to avoid disappointing yourself or others.
- ▶ Unhealed Childhood Patterns: For example, associating productivity with self-worth.

### Reflection Prompt:

What is one responsibility you're holding onto that drains your energy? Is it necessary, or can you let it go?



# CHAPTER 2

## How Burnout Impacts High-Performing Women

### ▶ The Hidden Toll of Overwork

For high-achieving women, burnout doesn't just mean feeling tired—it's an all-encompassing drain that affects their health, relationships, and professional performance. Often, the very qualities that drive success—ambition, resilience, and a strong work ethic—are the same ones that push women into a cycle of chronic stress and exhaustion.

### ▶ Physical and Emotional Exhaustion

Burnout manifests in the body before it's fully recognized in the mind. The constant pressure to excel can lead to insomnia, headaches, muscle tension, and even long-term conditions like adrenal fatigue or autoimmune flare-ups. Women often dismiss these signs as temporary setbacks, pushing through exhaustion until their body forces them to stop.

Emotionally, burnout fosters irritability, anxiety, and self-doubt. What once felt like a thrilling challenge becomes an overwhelming burden. Tasks that used to be energizing start to feel impossible, leading to a loss of passion and motivation.

### ▶ Strained Relationships & Isolation

Personal relationships also suffer. High-performing women may withdraw from their support systems, feeling guilty for not being "present" enough at home or with friends. Over time, this isolation can create resentment, disconnection, and a sense of loneliness, even when surrounded by loved ones.

In professional settings, burnout impacts collaboration, leadership effectiveness, and decision-making. Women who once led with clarity and confidence may begin second-guessing their choices, experiencing imposter syndrome, or struggling to maintain the strategic vision that once set them apart.



# CHAPTER 3

## Powerful Exercises to Break Free and Reconnect:

### ▶ 1. The “Non-Negotiable Reset” Method

Concept: Burnout thrives when everything feels urgent. To reclaim energy, establish one daily non-negotiable for personal well-being.

How It Works:

Identify a single action that recharges you (e.g., a 20-minute walk, journaling, deep breathing, tech-free dinner).

Schedule it in your calendar like an important business meeting.

Treat it as non-negotiable, even when work piles up.

- Example: A high-performing CEO blocks 30 minutes for a morning coffee ritual—no emails, no phone, just stillness before the day begins.
- Why It Works: Prevents burnout by prioritizing restoration over endless productivity.

### ▶ 2. The “90/10 Work Rhythm”

Concept: Burnout happens when the mind operates at 100% intensity all day. The 90/10 Work Rhythm enforces intentional micro-recovery periods.

How It Works:

Work in 90-minute focused bursts, fully immersed in a task.

Follow with 10-minute recovery breaks—stand up, stretch, deep breathe, or step outside.

Repeat throughout the day to sustain energy rather than crash in the afternoon.

- Example: A lawyer struggling with decision fatigue sets a timer for 90-minute deep work sessions followed by a 5-minute meditation and a quick walk.
- Why It Works: Aligns with natural ultradian rhythms, preventing mental exhaustion.

### ▶ 3. The “Selective Energy Investment” Approach

Concept: Not everything deserves 100% effort. Instead of overcommitting, intentionally invest energy where it matters most.

How It Works:

List all ongoing commitments.

Categorize them into three levels:

High Energy Investment (critical goals, personal priorities)

Moderate Energy Investment (important but flexible tasks)

Low Energy Investment (tasks to delegate, automate, or eliminate)

Reallocate time by saying NO to low-impact demands.

- Example: A business owner stops attending unnecessary meetings and trains her team to handle minor decisions, reserving energy for strategic growth.
- Why It Works: Reduces decision fatigue and mental clutter, preventing overwork.

#### ▶ 4. The “5-5-5 Grounding Reset” (Grounding Technique)

Concept: Burnout disconnects you from your body and present moment, keeping you stuck in stress mode. The 5-5-5 Grounding Reset instantly calms the nervous system, reducing overwhelm and promoting clarity.

How It Works:

When you feel anxious, exhausted, or mentally foggy, pause and do the following:

5 deep breaths – Inhale through your nose for 4 seconds, hold for 2, and exhale through your mouth for 6 seconds.

5 senses check-in–

Name:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

5-second intention setting – Ask: “What is one thing I can focus on right now that serves me?”

- Example: A corporate executive feeling overwhelmed before a meeting does this quick reset in her office, instantly shifting from panic to presence.
- Why It Works: Engages the parasympathetic nervous system, bringing you out of fight-or-flight mode and into calm, focused energy.

#### ▶ 5. The “Sustainable Success Filter”

Concept: Burnout often stems from saying “yes” to too much. The Sustainable Success Filter helps determine where your energy truly belongs.

How It Works:

Before committing to any new task, request, or opportunity, ask yourself these three filtering questions:

Does this align with my long-term priorities? (Or am I just saying yes out of guilt or habit?)

Will this energize me or drain me? (If it’s a drain, can I delegate it?)

What’s the cost of saying yes? (Does it take time away from something more important?)

If an opportunity doesn’t pass at least two out of three filters, it’s a no (or a delegated task).

- Example: A high-achieving entrepreneur is invited to join another networking event. Instead of immediately agreeing, she runs it through the filter and realizes it’s an obligation, not a priority—so she politely declines.
- Why It Works: Prevents overcommitment, eliminates decision fatigue, and preserves energy for what truly matters.

Each of these techniques is designed for immediate action and long-term sustainability.

Which one do you think would resonate most with you?

# CHAPTER 4

## A Path to Lasting Change

- ▶ Burnout isn't solved by a quick fix—it requires a commitment to self-awareness and aligned action.
- ▶ Introduce the idea of your retreat or coaching program as the next step for women ready to take back their power.
- ▶ If this ebook resonated with you, imagine the transformation waiting for you when you step into a space fully dedicated to your healing and growth. Learn more about our luxury retreat for high-achieving women ready to break free from burnout and realign with their authentic selves. Or book a 1-2-1 with me, Leilah Mirza.

## CONCLUSION

You don't have to keep running on empty. You have the power to create a life that nourishes your soul while pursuing your ambitions. It starts with a single step. Include a link to schedule a discovery call or learn about your retreat.

