

## ***When stress starts to feel like burnout***

You might have expected life to feel busy or demanding at times — but you might not have anticipated feeling this emotionally and physically depleted. You might be noticing:

- Feeling constantly overwhelmed, even by small things
- Irritability, tearfulness or feeling emotionally “full”
- Difficulty concentrating or feeling mentally foggy
- Exhaustion that doesn’t improve with rest
- Feeling detached, numb or on autopilot
- Struggling to switch off and feeling guilty for needing rest or support
- Losing patience more quickly with the people around you

Burnout can happen when the demands placed on us outweigh the resources we have available for too long. Many women are carrying an invisible load — balancing work, parenting, emotional labour, relationships and the pressure to keep everything going — often without enough support or recovery time. Over time, chronic stress can affect mood, sleep, concentration, confidence and physical wellbeing.

### **When to consider more support:**

- If you feel physically or emotionally exhausted most days
- If stress is affecting your relationships, work or confidence
- If you feel constantly on edge or unable to switch off
- If you notice new physical symptoms that aren’t explained medically
- Or if something feels off and isn’t improving

### **Where to go for help:**

- Your local **NHS Talking Therapies** (you can self-refer or your GP can refer you);
- Workplace wellbeing or occupational health services
- Private providers like **Talking Women**: [talkingwomen.co.uk](https://talkingwomen.co.uk)