



12 Stages of Burnout: Quick Guide for Working Women

12 chances to make a change and stop burnout in its tracks

Stage 1: Feel the need to prove yourself?	Tip: Balance ambition with rest. Ask yourself - am I driven by passion or <u>people pleasing</u> ?
Stage 2: Stressed but want to push yourself harder?	Tip: Don't confuse effort with effectiveness. Delegate, delay or delete tasks.
Stage 3: Neglecting your needs?	Tip: <u>Don't forget the basics.</u> Sleep, food, movement & connection aren't luxuries — they're essentials.
Stage 4: Blaming others?	Tip: Don't just blame external stressors. Take ownership and set clear boundaries.
Stage 5: Amending your values to fit?	Tip: Reconnect with what matters most. Make decisions aligned with your <u>core values</u> .
Stage 6: Telling everyone you're "fine"	Tip: Be honest with yourself. Admitting struggle is the first step to recovery.

Stage 7: Withdrawing from family and friends?	Tip: Notice if you're <u>isolating</u> . Reach out to trusted friends, family, or colleagues.
Stage 8: Behaviour changes?	Tip: If others are pointing out changes in you, pause and listen. Something needs attention.
Stage 9: Depersonalisation	Tip: If you feel numb or detached, it's a signal to prioritise self-care and connection.
Stage 10: Inner emptiness?	Tip: Avoid filling the void with unhealthy coping strategies. Seek out joy in small, sustainable ways.
Stage 11: Depression	Tip: If you're here, please seek professional help and don't go through it alone.
Stage 12: Burnout syndrome"	Tip: Full burnout needs real recovery — rest, reflection and support. But don't worry you will recover stronger and more resilient than before.

Learn more about managing burnout: www.balancingbluebells.co.uk

