



LIFE SKILLS

# Burnout Recovery

A Gentle Guide to Recognizing, Recovering, and  
Rebuilding Sustainably

---

**SkillNeer.com**

Practical Skills for Everyday Life

[BOOK PREVIEW](#)



***"Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare."***

— Audre Lorde

# This Isn't What Tired Feels Like

There's a particular kind of exhaustion that sleep doesn't fix. You wake up already drained. The things that used to give you energy—work, projects, relationships—now feel like weights. You go through the motions, but the motions feel hollow.

## It Has a Name

---

If this sounds familiar, it's worth knowing two things. First: what you're experiencing has a name, and it's not laziness, weakness, or failure. It's burnout—a state of depletion that goes deeper than fatigue. Second: it's recoverable. Not instantly, and not by pushing harder. But it is recoverable.

## What This Guide Won't Do

---

This guide won't ask you to do more. It won't offer a system or a schedule. It will help you understand what happened, give you permission to stop pretending it's fine, and walk through recovery at a pace that respects where you actually are.

If you're reading this, you've probably already spent too long trying to power through. You can set that down now.



***"Ring the bells that still can ring. Forget your perfect offering. There is a crack in everything. That's how the light gets in."***

— Leonard Cohen

Burnout isn't a personal failure—it's what happens when demands exceed capacity for too long. This gentle guide helps you recognize what's happening, find immediate relief, and rebuild in a way that doesn't lead you back to the same place.

#### **WHAT YOU'LL LEARN**

- What burnout actually is and how to distinguish it from stress
- Immediate relief strategies for when you're in the depths
- How to calm a nervous system stuck on high alert
- A sustainable path to rebuilding—without repeating the pattern