

FREE BURNOUT PREVENTION & RECOVERY GUIDE

Hope Restored Counselling & Psychotherapy Center



@hoperestoredpsychotherapy
www.hoperestoredpsychotherapy.com

Introduction **WELCOME!**



At Hope Restored, we believe that therapy should feel familiar, safe, and empowering. Not clinical or cold. Not distant or dismissive. Just real, compassionate care from people who understand the weight of lived experiences.

We have seen that healing happens through compassion, curiosity, and connection. We support individuals in navigating life's challenges with dignity and clarity, offering virtual therapy, wellness workshops, and community centered outreach. We're glad you're here.

“We exist because too many people have had to navigate their healing journey alone or in spaces that never truly saw them.

We're here to change that.”

**-Demi Babatunde,
Clinical Director, RP**

Burnout EXPLAINED

Burnout is widely recognized as a response to chronic workplace stressors that have not been successfully managed. It is characterized by three key symptoms:

- Exhaustion
- Detachment or Cynicism
- Reduced sense of effectiveness

It is important to note that Burnout surfaces from chronic work or personal demands and insufficient emotional or physical resources, not personal weakness. Burnout isn't just "being tired," it creates real changes in the brain and body that make everyday life harder.

Burnout keeps the sympathetic nervous system, the fight-or-flight system, active. Imagine it's switched on for too long. The common effects of this are:

- Feeling "tired but wired"
- Muscle tension
- Anxiety
- Difficulty sleeping
- Feeling overstimulated
- Feeling easily overwhelmed

When this system stays activated, the body struggles to return to a calm, regulated state. Does this resonate?

2026 LOADING....

If you resonated with signs like feeling “tired but wired,” struggling to sleep, or constantly pushing through exhaustion, you’re not alone. Many of us have spent years caught in a cycle of burning out, recovering just enough to keep going, and then slipping right back into the same patterns.

If you’re ready to step out of that loop and enter 2026 with more clarity and balance, this Burnout Prevention and Recovery Guide is here to support you.

Let it help you shape a year that feels sustainable, grounded, and aligned with what you truly need.

Section 1

REFLECTION

Take a moment to reflect on how burnout is affecting you. Be honest with yourself as you explore what's coming up. Give yourself permission to gently notice the thoughts and new year resolutions that surface. We invite you to approach this reflection with a lens of self-compassion, grace and humility.

How will you rate the following:		Never	Rarely	Sometimes	Always
PHYSICAL	I notice the early signs that my body or mind feels tense, depleted, or overstimulated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I function in ways that help me release stress rather than pushing through it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I'm getting the rest (7-9hrs) my body needs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I nourish myself with foods that support my energy instead of relying on quick fixes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I make time to step away from screens and reconnect with nature or quiet spaces.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following:		Never	Rarely	Sometimes	Always
EMOTIONAL	I can recognize and name my emotions before they build into overwhelm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have coping strategies that help me regulate when stress starts to pile up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I can access moments of hope, motivation, or clarity even when I'm tired.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I create space for activities that genuinely restore me, not just distract me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 2

PREVENTION & RECOVERY STRATEGIES

These practices are designed to help you understand what your mind and body need, and to support you in rebuilding a sense of balance and steadiness. As you move through each one, take what resonates and leave what doesn't. This is an invitation to acknowledge what's happening within, reconnect with yourself for 2026, reset, and begin your journey at a pace that feels right for you.

#1: SELF-AWARENESS & EARLY DETECTION

REFLECTION PROMPT

What signs show up in your body when you're overwhelmed?
What emotional patterns signal that you're approaching burnout?
What work or life situations drain you the fastest?

EXERCISE: BODY SCAN CHECK-IN

Reflecting on your answers from the prompts above, spend 3 minutes just noticing your body from head to toe.

Notice: Tension, Fatigue, Numbness and Restlessness.

Name what you feel without judgment. This will help you identify patterns of burnout before the burnout starts to settle in.

AFFIRMATION

“My body gives me signals, and I will honor them.”

#2: BOUNDARY SETTING & ENERGY PROTECTION

REFLECTION PROMPT

Where am I saying yes, when I want to say no?
What expectations (internal or external) are draining me?
What boundaries would protect my emotional energy?

EXERCISE: THE STOP-START-CONTINUE LIST

Create three columns:
Column 1 - Stop: List what drains you
Column 2 - Start: List what nourishes you
Column 3 - Continue: What supports your wellbeing? (Not distractions)
Review this weekly.

AFFIRMATION

“My energy is valuable, and I am allowed to protect it.”

#3: REPLENISHMENT & NERVOUS SYSTEM REGULATION

REFLECTION PROMPT

What activities genuinely restore me?
What helps me feel grounded, calm, or connected?

EXERCISE: REJUVENATION MENU

List ten (10) activities that help you recharge such as:
Slow walks, Deep breathing, Creative expression, Time in nature, Rest
without guilt, Music or Movement.
Give yourself permission to choose one each day.

AFFIRMATION

“Rest is not a reward, it is a necessity and it is productive.”

#4: SUPPORT & CONNECTION

REFLECTION PROMPT

Who are the people I can be honest with?
What communities or groups help me feel less alone?
What coping strategies have helped me in the past

EXERCISE: SUPPORT SYSTEM MAPPING

Write down:
Trusted people,
Professional supports such as Hope Restored,
Groups or communities, and
Techniques you've learned.
Keep this list visible and accessible.

AFFIRMATION

“I don't have to carry everything alone.”

#5: VALUES ALIGNMENT & MEANING

REFLECTION PROMPT

What matters most to me in this season of life?
Where is there misalignment between my values and daily actions?
What small shifts could bring me closer to what feels meaningful?

EXERCISE: VALUES CLARIFICATION

Choose your top 3 values.
For each one, write one small action you can take this week to honor it.
Revisit this each new week.

AFFIRMATION

“I am allowed to build a life that aligns with what matters to me despite the fear, the learned unhelpful behaviors, and unhelping thinking patterns I am challenging.”

notes

A dark green rectangular area with horizontal white dotted lines, serving as a template for notes.



Burnout is not a sign of weakness. It is a sign that your mind and body have been carrying too much for too long. With awareness, boundaries, support, and intentional rest, recovery is possible and deeply transformative.

About THE AUTHOR

Demi Babatunde is a Registered Psychotherapist, a Canadian Certified Counsellor, a Chemical Engineer, and is licensed with the Canadian Counselling and Psychotherapy Association, and the College of Registered Psychotherapists of Ontario. She is an Attachment Trauma specialist, and is trained in EMDR, CBT and other forms of therapy.



Demi works collaboratively with clients to build awareness, strengthen autonomy, and embrace authenticity. Demi has supported high functioning professionals and organizations in managing workplace anxiety, discrimination, stress, and aid in navigating life transitions. Her practice offers a safe, supportive space where clients can move at their own pace toward healing, empowerment, and fulfillment.

DO YOU NEED
MORE HELP?

SCHEDULE A CALL



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