

Am I Carrying Too Much?

A 2-Minute Emotional Load & Burnout Check-In

Emotional Load:

- I feel responsible for how other people are feeling
- I step in quickly to prevent tension or conflict

Mental Load:

- I am the one who remembers and organises most things
- My mind rarely switches off from 'what needs doing'

Burnout Signals:

- I feel tired even when I've slept
- I feel more irritable or resentful than I used to

Boundaries:

- I say yes when I mean no
- I feel guilty when I prioritise myself
- I struggle to ask for help

If you ticked several of these, it doesn't mean you're failing.
It may mean you've been carrying more than one person reasonably can.

You are allowed to:

- Say no
- Disappoint someone
- Rest without earning it
- Not hold everything together

This isn't selfish. It's sustainable.