## 10.28 Burnout: When You’re Exhausted, Overwhelmed, and Still Feel It’s Not Enough

**Verizon Skill Forward Interest Form:** <https://airtable.com/appKBfuRQHYFF9ppv/pagraM0uA9cWyrkXK/form>

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**Buy Burnout: The Secret to Unlocking the Stress Cycle:** <https://www.burnoutbook.net/> and download resources for the book here: <https://www.burnoutbook.net/downloads>

**Podcast Episode on Sleep**

[https://www.feministsurvivalproject.com/episodes/episode-12-sleeping](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.feministsurvivalproject.com%2Fepisodes%2Fepisode-12-sleeping&data=05%7C02%7CRachael%40allianceforhope.com%7C2f2f1689cd614156f4e808de1898e8cb%7C84783d3e74474fb198d5b3b43eeadda6%7C0%7C0%7C638975242176168429%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=0I7TI054bI0%2FM6EE0ng398p4totwKGg8EY6EPkW7iRE%3D&reserved=0)

[https://creators.spotify.com/pod/profile/fsp2020/episodes/12-How-to-Sleeping-ea0osd](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcreators.spotify.com%2Fpod%2Fprofile%2Ffsp2020%2Fepisodes%2F12-How-to-Sleeping-ea0osd&data=05%7C02%7CRachael%40allianceforhope.com%7C2f2f1689cd614156f4e808de1898e8cb%7C84783d3e74474fb198d5b3b43eeadda6%7C0%7C0%7C638975242176186809%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=J6NnUnKkYTlt8KnsNlL5vBHzToEIPZ%2FJHYCuZosCsGA%3D&reserved=0)

**This newsletter was from someone who was too burned out to use the Burnout Workbook. It’s a great place to start for people who are utterly fried:** [https://buttondown.com/enagoski/archive/ask-amelia-too-burned-out-for-a-burnout/](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbuttondown.com%2Fenagoski%2Farchive%2Fask-amelia-too-burned-out-for-a-burnout%2F&data=05%7C02%7CRachael%40allianceforhope.com%7C2f2f1689cd614156f4e808de1898e8cb%7C84783d3e74474fb198d5b3b43eeadda6%7C0%7C0%7C638975242176204346%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=r%2BM%2Bz3iezIiyHYfdho0zxwfMGQC1VIDxiBOlEXnmnNM%3D&reserved=0)

**For folks who want to try something small to improve their morning routine, here’s a post Amelia wrote about three healthy morning habits:** [https://buttondown.com/enagoski/archive/three-healthy-morning-habits/](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbuttondown.com%2Fenagoski%2Farchive%2Fthree-healthy-morning-habits%2F&data=05%7C02%7CRachael%40allianceforhope.com%7C2f2f1689cd614156f4e808de1898e8cb%7C84783d3e74474fb198d5b3b43eeadda6%7C0%7C0%7C638975242176220810%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Oy9%2FvM36%2BpFmScIgxbhCGRZsVuV4TygsBHSibLeUHjo%3D&reserved=0)

**Q:** How can someone recover from burnout without the opportunity to take a break?

**A:** You really need some kind of rest to recover. Even if it’s small.