

Are You Tired — or Burning Out?

Both feel exhausting. But they ask for very different things from you. Use this guide to gently figure out where you stand.

Key Differences

Dimension	 Tired	 Burning Out
Cause	A hard week, short sleep, a physically demanding stretch of caregiving	Ongoing stress with no recovery, chronic overload
Sleep Fixes It	Yes — rest genuinely restores you	No — you wake up just as depleted
Connection	Still present, still caring	Feeling detached, going through the motions
Mood	Low energy, but still yourself	Numb, irritable, or hopeless
Outlook	"I just need the weekend."	"What's the point anymore?"
What Helps	Sleep, food, time off, a little fun	A longer break, professional support, and changes in workload, routine, support, or responsibilities

How to Tell the Difference

Ask yourself this gentle question: "If I had three days completely to myself, would I feel like me again?"

- **If the answer is yes:** What you're feeling may be more consistent with ordinary tiredness.
- **If you honestly don't know:** That's okay too — it may simply be worth exploring some support.

You Don't Have to Carry This Alone

If this feels like burnout, please remember you're not meant to fix it by yourself. When you're ready, reach out to a supervisor, a counselor, or someone you trust. Small steps count. Need Immediate Support?

If you're in crisis or feel unsafe, call or text **988** in the U.S., or use your local emergency or crisis service. You deserve care too.

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