

Individual Employee Resource

Recovery isn't a weekend

If burnout built up over months, it won't resolve over a weekend, and expecting it to often makes people feel like they're failing at their own recovery.

Reducing load comes first

Before anything new, the first honest question is what can come off your plate.

Recovery isn't linear

A harder week afterward doesn't mean you've failed. This is normal, not a setback.

Reconnection matters more than it sounds

Burnout isolates. Rebuilding a genuine connection is part of recovery, not a distraction.

This is a conversation worth having properly

A confidential conversation is a legitimate part of getting your capacity back.



You don't need to wait until it feels unmanageable. Support is available for a quiet conversation, whatever is driving it.