



COUNSELING AND CONSULTING, LLC
reedcounseling.com
901-610-1720

8 Warning Signs You're Mentally & Emotionally Exhausted

- 1 You're easily irritated.
- 2 You feel unmotivated – even to do things you usually enjoy.
- 3 You're experiencing anxiety (worry) or panic attacks.
- 4 You're having trouble sleeping. Either it takes you hours to fall asleep or your sleep is broken throughout the night.
- 5 Your patience is limited and you find yourself being short with colleagues and family.
- 6 You're experiencing indigestion. You may have low-grade stomach ache or feel like there are butterflies in your stomach.
- 7 You cry unexpectedly.
- 8 You feel detached—you go throughout your day without emotionally responding or connecting to anything. You feel empty.

Jessica Reed LPC-MHSP, NCC
Licensed Mental Health Clinician

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When You Feel Emotionally Exhausted

- 1** Check your self-care of your basic needs. Are you neglecting any area such as sleeping, eating, water intake or enjoyment?
- 2** Sit with your feelings and thoughts. Be kind to your mind.
- 3** Breathe, meditate, exercise, walk, and pray.
- 4** Find an activity you enjoy doing, and do it. Take up a hobby or new skill.
- 5** Tell someone you trust. A safe person you feel emotionally comfortable with.
- 6** Think about the things you need more and less of. Make a list and adjust as needed.
- 7** Ask for help. Reach out to your social, professional and family support.