Coming Back to Yourself

A 5-Day Burnout Recovery Intensive

mywellbeing

How to Use This Guide

This workbook is your companion for the duration of this program. Each day has:

- A short video from Alyssa, licensed therapist and executive coach, our founder/CEO, and your guide throughout this program. Watch the welcome video first. (Approx 5 min each)
- Reflection prompts. Take your time – there are no "right" or "wrong" answers and no one needs to see your responses unless you choose to share with them.
- One practice. The suggestions are intentionally approachable, as you build cumulative competency and growth you will have an opportunity to celebrate the wins – big and small.

Good news: you do not have to do this perfectly. Frankly, the more *honest* the better. Slow works well, one step at a time. Watch what comes up and what shifts in real time.

A note from Alyssa before you begin:

You found this program because something in you recognized: *I need something different.*

What you're carrying is real. The exhaustion, restlessness, numbness. The feeling that you've lost some essential part of yourself. I know because I've been there.

I'm here to remind you that you're still *you*. You're still strong, competent, and your current lived experiences are an important part of who you are and who you are becoming.

AND, the current depletion is too much. It's time to slow down - even if only for a few days. Your body is asking you for a little more attention and compassion and a little less adrenaline and judgement. We can do that, together.

Be kind to yourself. Be curious throughout this process. You're allowed to take up space here.

The light will trickle in soon. You're not alone and you've made a really powerful choice to show up for yourself. Let's begin.

I'll see you soon,
Alyssa

Getting Started – Welcome & Orientation

Optional but powerful

Watch: Welcome Video (~4 min)

In today's video, Alyssa covers:

- What burnout is – biologically and emotionally (not just tiredness)
- Why high-capacity people often miss it until they crash
- What the container of this program is (and what it isn't)
- How to use this workbook

Please note: *this program is not therapy*. If you are in a crisis, please use these crisis resources, call/text 9-8-8, explore these low-fee and free mental health resources, or share your preferences to receive 3-6 personalized therapist recommendations here.

Orientation Reflection

Before you begin, take a few minutes to answer the below prompts.

If you feel yourself overthinking, that's okay. Just notice it and allow whatever comes up naturally to come up. Write down / share as honestly as possible.

This exercise is for *you*, you don't need to show it to anyone if you don't want to.

What made you say yes to this program?

On a scale of 1–10 (1 = running on empty and 10 = at your best), how depleted do you feel right now? What would a 10 (fully restored) feel like?

What would you most like to shift by the end of Day 5?

Today's one action:

Write **one word** that describes how you're arriving today (ex: tired) and **one word** that describes your intention for the week (ex: courage).

Write the intention somewhere where you can see it (ex: post-in on your fridge or next to your desk or the lock screen of your phone).

No pressure to explain it. Just name it and give it a home.

Day 1 – You're Not Broken

Theme: Normalize + name it

Watch: Day 1 Video

In today's video, Alyssa covers:

- What burnout is doing to your nervous system and why that *does not make you weak*
- Why high-achieving people are especially vulnerable
- How burnout erodes *meaning*, not just energy
- Why the person you recognize in yourself hasn't disappeared, they're just a little buried right now under everything you're carrying

Reflection Prompts

Set a timer for 20 minutes. Write freely and do your best to refrain from editing yourself.

1. When did I first notice something was off? What was happening in my life at that time?

When did I first notice something was off?

2. What am I most exhausted by – emotionally, mentally, physically? Try to be specific.

What am I most exhausted by?

3. What feels heavy that I haven't been able to name until now?

What feels heavy that I haven't named?

4. When I imagine the version of me who feels like themselves again – what do they look like? How do they spend their time? Close your eyes for a few moments to image them if you'd like to. Be as specific as possible.

The version of me who feels like myself again...

Today's Practice

10-Minute Nervous System Downshift

Choose one of the following:

→ Slow walk (no podcast, no phone, no distractions or "work." Just walking, observing.)
→ Guided breathing exercise (4-7-8 breathing: inhale 4 counts, hold 7, exhale 8) Feel free to use these guided meditations if they support you.
→ Body scan (lie down, bring your attention slowly from the tiniest detail on your feet all the way up to the smallest point where your hair touches your scalp)

Important: No productivity tracking in today's exercise. No to-do lists.

Practice *noticing* where you are here-and-now and the current state of your mind and body.
See what arises.
Refrain from judgment (ex: "Wow, I can't believe I'm that tired, I didn't have THAT much on my plate today") and instead lean into curiosity where possible (ex: "Huh, I feel the tiredness in my eye lids and I'm holding a lot of tension in my jaw, there must be a lot of stress there.")

After your practice, write 2–3 sentences: What did I notice?

Day 2 – What You've Been Carrying

Theme: Invisible load + boundaries

Watch: Day 2 Video

In today's video, Alyssa covers:

- The concept of the *invisible load* – what we carry that no one else can see
- Why high-functioning people tend to over-function (and what drives it)
- What *boundaries* are and why they matter
- Why saying no can feel threatening and how to work with that feeling

Reflection Prompts

5. What am I responsible for that isn't actually mine to carry (at work, at home, in relationships)?

What I am carrying that isn't mine:

6. Where do I over-function? Where do I step in before being asked?

Where I over-function:

7. Who relies on me the most right now? How does that feel?

Who relies on me — and how that feels:

8. When I think about setting one boundary, what shows up? Where does that feeling come from? How valid is it? If a close friend told me this same story, what would I say to them?

What arises around boundaries:

What I'd say to a friend in my situation:

Today's Practice: The Boundary Experiment

Choose **one small thing** to decline, defer, or renegotiate today. Choose something as simple as possible. Something so small you have very high confidence you will do it (ex: declining to talk to the salesperson on the street or asking a friend to meet at a later time for dinner)

A few more examples as inspiration:

- Saying "I'll get back to you on that" instead of immediately saying yes
- Leaving one thing undone that you would normally push through
- Letting one non-urgent message wait until tomorrow
- Not volunteering for something you don't want to do

When you're ready to practice setting a boundary, try using one of the scripts below, or create one of your own.

Practicing and having a few one-liners in your back pocket can help tremendously with a courageous no when your mind or body tempt you to say yes in face of fear.

Script for saying no or renegotiating:

"I want to be thoughtful about this. Can I get back to you by [time]?"
"I'm at capacity right now. Can we revisit this in [timeframe]?"
"I can do [this piece] but not [that piece]. Does that work?"
"I'm not able to take this on right now, but thank you so much for thinking of me."
"I actually have another commitment tonight, but I really appreciate the invite."

My boundary experiment today was:

How it felt:

What I learned about myself:

What I want to remind future me when I want to say no but feel fear:

Day 3 – Your Nervous System Needs Safety

Theme: Regulation over forcing

Watch: Day 3 Video

In today's video, Alyssa covers:

- Why burnout isn't a motivation problem – it's a *safety* problem
- How your nervous system signals distress (and why we often override it)
- The difference between regulation and productivity
- Why your body is not your enemy
- Somatic basics – what they are and why they work

Reflection Prompts

9. What physical or emotional signals tell me I'm overwhelmed, even before I consciously realize it?

My early warning signals:

10. What soothes me reliably?
(Be honest – not what "should" soothe you, but what actually does)

What soothes me:

11. What dysregulates me? What of that do I keep tolerating anyway? Why?

What dysregulates me:

12. What regulates me that is entirely within my own control (no one else required)?

Within-my-control regulation strategies:

Today's Practice

Part 1: The Daily Log

Spend 5 minutes tracking where you are across three areas today:

Area	Where I am today	What I notice / what I need
Sleep		

Nourishment		
Movement		

Part 2: Design Your 15-Minute Daily Regulation Ritual

Using what you know soothes you, design a 15-minute daily ritual you can do every day this week.

Make it so accessible that you have high trust you will really do it.

Refrain from committing to too much too soon - there's no rush on this. **Doing it** is better than doing *more*. We're building a practice here, starting small is foundational.

My 15-minute daily regulation ritual:

Part 3: Somatic Grounding Exercise

5-4-3-2-1 Grounding

5 things you can SEE right now

4 things you can TOUCH (and actually touch them)

3 things you can HEAR

2 things you can SMELL (or like to smell)

1 thing you can TASTE

Take 10 slow breaths. Notice any shifts you feel in your body.

Day 4 – Foundational Non-Negotiables

Theme: Refuel first. Nothing works on empty.

Watch: Day 4 Video

In today's video, Alyssa covers:

- Why motivation, clarity, and productivity all come *after* physical foundation
- Maslow's hierarchy as a practical daily question, not just a theory
- The power of a single reclaimed non-negotiable
- How to make your commitment stick (accountability + visibility)

Reflection Prompts

13. What are your absolute baseline core needs, the foundation of what your body and mind require to function? (Examples: 7+ hours sleep, 3 meals, one social connection per week, time outside)

My core baseline needs:

14. Which of those core needs are you consistently meeting right now? Which are you not?

✓ Meeting right now	✗ Not meeting right now

Today's Practice: The Reclaim

Choose ONE thing from the "not meeting" column. Just one. Commit to it as a non-negotiable this week.

My one reclaimed non-negotiable:

Make it real. Do all three:

1. Put your reclaimed non-negotiable in your calendar right now (Seriously. Treat it like an important meeting that you cannot move).
2. Write it somewhere you'll see every day (ex: phone lock screen, sticky note, journal cover).
3. Choose one person to tell. Ask them to check in with you in 3 days and again in 1 week.

The person I'm going to tell: _____
I'll reach out to them by: _____

Day 5 – Your Sustainable Life Plan

Theme: Integration + The Path Forward

Watch: Day 5 Video

In today's video, Alyssa covers:

- Integration: what it means to actually carry these insights forward
- The difference between a sustainable life and a smaller life
- Why "back to normal" isn't the goal
- How to hold your non-negotiables when life gets hard again
- A letter from Alyssa: what she wishes someone had told her

Reflection Prompts

15. Envision 3 months from now. You've honored what you learned this week. Where are you? How do you feel? What does an ordinary Tuesday look like?

3 months from now, I feel:

16. Looking back at this week – what stays? What were the insights, practices, or shifts that feel true and worth keeping?

What stays:

17. What goes? What were you doing (or tolerating) before this week that you're ready to let go of?

What goes:

Your Burnout Prevention Agreement

Write this as a letter to yourself. You don't have to share it with anyone, but you do have to put it somewhere you will remember (or mail it to yourself or set a reminder to revisit it)

My Burnout Prevention Agreement

I, _____, commit to the following:

My 3 non-negotiables:

1.

2.

3.

My early warning signs that burnout is returning:

When I notice those signs, my first action will be:

_____

The person I can call when things get hard:

_____

Signed: _____ *Date:* _____

You showed up for 5 days. That took something.

Choose one way that you will celebrate this commitment to yourself.

Dopamine matters.

What's next — if you want to go deeper:

→ Explore 1:1 therapy with a MyWellbeing-matched provider
→ Share your agreement with one person this week
→ Come back to this workbook in 30 days and see what's shifted