

MOMENTS THAT CAN INTENSIFY

# SOCIAL EXHAUSTION



THE LAST STRAW MAY BE  
SMALL. THE LOAD UNDERNEATH  
MAY NOT BE.

1

**Following several  
conversations**

2

**Reading unspoken cues**

3

**Noise and visual activity**

4

**Masking natural responses**

5

**No breaks or exit plan**

6

**Recovering after  
connection**

**NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER**