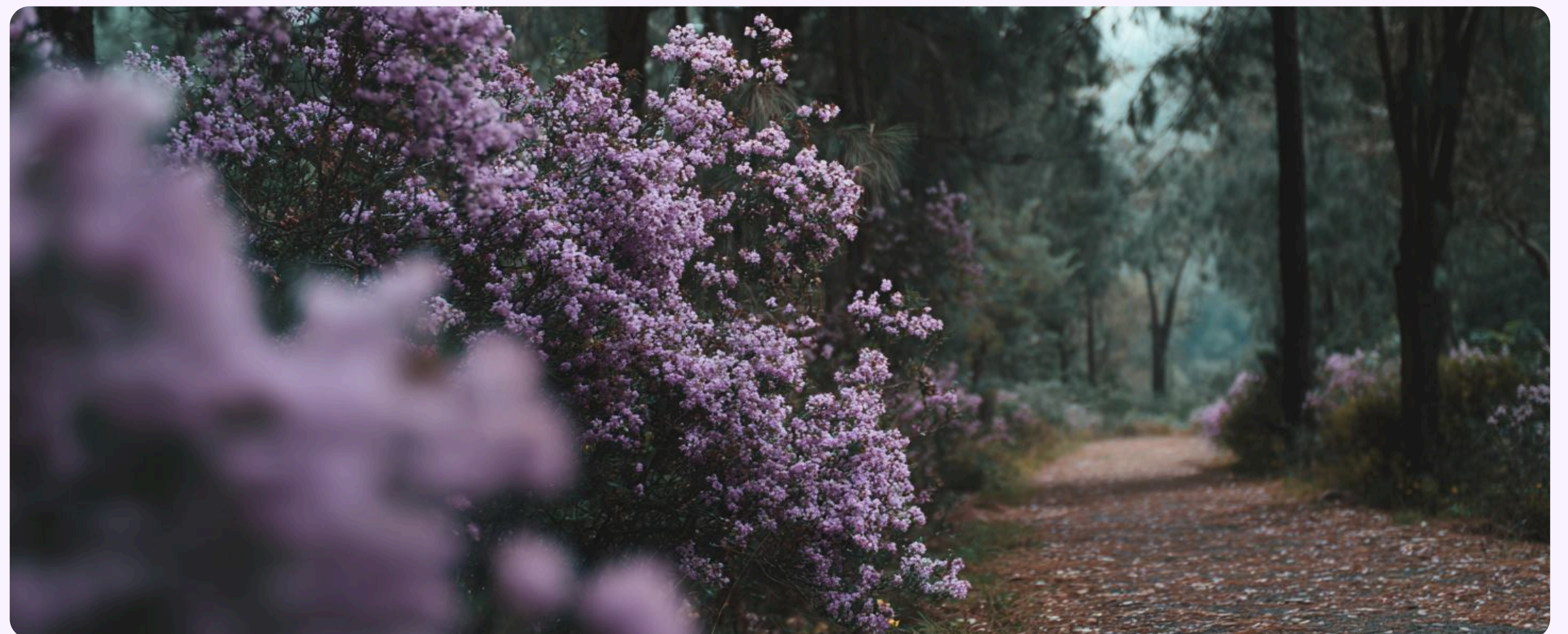


# Burnout Recovery Plan



## For Individuals & Couples Feeling Emotionally Exhausted

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Unified Lawyers offers expert family law services with a client-focused and compassionate approach.

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# What Is Relationship Burnout?

Burnout in a relationship can happen when:

<p>Every conversation feels loaded or draining</p> <hr/> <p>1</p>	<p>Affection or patience is running on empty</p> <hr/> <p>2</p>	<p>You feel more like co-workers or housemates than partners</p> <hr/> <p>3</p>	<p>One or both people feel unseen, overextended, or emotionally shut down</p> <hr/> <p>4</p>
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It often follows major stress: parenting, financial pressure, long-term conflict, or emotional neglect.

This plan is not about fixing your relationship overnight. It’s about slowly recharging your emotional batteries—so you can think clearly, feel again, and reconnect (with yourself or your partner) from a place of renewal.

## Step-By-Step Weekly Action Plan

Each week focuses on one area: body, mind, relationship, and boundaries. You can do this solo or with a partner.

### Week 1: Recalibrate The Body (Nervous System Reset)

Burnout lives in the body. If you’re constantly tense or tired, this week is about rebuilding energy through nervous system safety.

**Daily Practices:**

- 10 minutes of sunlight or fresh air
- Try the “4-7-8” breathing method 2x/day
- Add a 5-minute stretch or slow movement break
- Reduce caffeine by 1 cup (if applicable)

Reflection prompt:

*“When during the day do I feel most drained? What’s one shift I could make?”*

### Week 2: Clear The Mental Clutter (Cognitive Reset)

Chronic overthinking keeps burnout stuck. Let’s declutter your headspace.

**Daily Practices:**

- Morning 3-line journal: “Today I feel \_\_\_, I need \_\_\_, I will \_\_\_”
- Set a 10-minute “worry window” to contain spirals
- Limit doom-scrolling or passive media consumption
- Identify and write down 3 energy-drainers to eliminate

Reflection prompt:

*“What thoughts keep looping that I haven’t voiced or processed yet?”*

## Week 3: Rekindle Micro-Connection (Relational Reset)

If you're partnered, this week is about rebuilding connection through low-pressure interactions—not deep talks or fixing.

### Daily Practices:

- Send one kind text, photo, or compliment
- Try a 10-second hug or moment of stillness before bed
- Share one “tiny win” from your day
- Watch or listen to something lighthearted together

Reflection prompt:

*“What does emotional safety look like for me right now?”*

## Week 4: Reclaim Boundaries & Self-Worth (Emotional Reset)

Now it's time to examine the people, habits, or dynamics that keep draining your cup.

### Daily Practices:

- Say “no” to one non-essential obligation this week
- Spend 20 minutes alone doing something you enjoy
- Notice when you over-explain or people-please—then pause
- Visualise what an emotionally healthy version of “me” looks and acts like

Reflection prompt:

*“Where am I giving away energy I don't have to spare?”*

## Self-Assessment Scale: “How Burnt Out Am I?”

Rate yourself from 0–5 for each item below (0 = not at all, 5 = constantly)

Symptom	Score
I feel emotionally flat or numb	<input type="text"/>
I avoid conversations or intimacy	<input type="text"/>
I feel like I have nothing left to give	<input type="text"/>
I feel guilty for not being “better” at this	<input type="text"/>
I fantasise about escaping or shutting down	<input type="text"/>
Total Score (0-30) :	<input type="text"/>

0–10: Mild strain → small resets may help    11–20: Moderate burnout → recovery plan recommended  
 21–30: Severe burnout → consider couples therapy or individual support

# Weekly Reflection Prompts

Use these once a week (alone or together) to reflect without judgement:

- 01** What helped me feel slightly better this week?
- 03** What am I grateful for in myself (or my partner)?
- 02** Where did tension rise—and how did I handle it?
- 04** What do I want to try differently next week?

## Bonus: Habit Tracker (Simple Weekly Format)

Day	Moved My Body	Sent Kind Message	Took 10-Min Break	Said No	Journalled
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Try aiming for 3–4 checkmarks a day. That’s enough.

**Burnout doesn't mean the relationship is doomed.**

But it does mean something needs to shift—whether that's how you care for yourself, how you communicate, or what you prioritise.

You don't have to feel ready for change. You just have to be willing to try again, one breath, one boundary, one conversation at a time.

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Find your closest  
Unified Lawyers office



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