

FEELING STUCK?

YOUR MIND & BODY MIGHT NEED THIS...

Your Monthly Dose of Wellness, Growth and Support

Welcome friends!

June arrives at a time when many people are carrying more than others realize. The invisible mental load of planning, managing responsibilities, and caring for others can quietly contribute to stress and burnout, often showing up as fatigue, brain fog, irritability, or feeling overwhelmed.

This month, we're exploring the hidden load so many people carry, what burnout really looks like, and how restorative movement can help replenish energy, support the nervous system, and improve overall wellbeing.

Here's to creating more space for balance, recovery, and self-care one small step at a time.

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MENTAL HEALTH SPOTLIGHT

The Mental Load No One Talks About

Many people are carrying far more than others realize. The mental load is the invisible weight of constantly thinking, planning, remembering, anticipating, and emotionally managing life's responsibilities. It's the running to-do list that never fully shuts off. Over time, this chronic state of "always being on" can leave people feeling emotionally exhausted, irritable, disconnected, anxious, and overwhelmed. For many, the hardest part is that they continue functioning on the outside while silently struggling internally. Learning to recognize the signs of overload, set healthier boundaries, and support your nervous system can make a significant difference in both mental and physical wellbeing. [Read the full blog post](#) here to learn more.

TRY THIS:

- Set Healthy Boundaries
- Practice saying "Not right now"
- Choose 1-3 priorities/day
- Check in with yourself instead of pushing through
- "Brain Dump" Write stuff down to remember

HEALTH SPOTLIGHT

Burnout Is More Than Just Being Tired

BY DR. ALI MCMILLAN, BSC. ND

Many people think burnout means they've failed or simply need a vacation. In reality, burnout is a state of physical and emotional exhaustion that develops when stress continues for too long without enough recovery, support, or reward. It can show up as fatigue, irritability, cynicism, feeling disconnected, or struggling to find motivation for things you once enjoyed.

The good news? Burnout is common, temporary, and treatable. Understanding why it happens and recognizing the early warning signs can help you take action before it affects your health, relationships, and overall wellbeing.

[Read the full blog post](#) to learn what causes burnout, practical ways to prevent it, and what to do if you're already feeling overwhelmed.



WELLNESS SPOTLIGHT

Movement That Restores Energy Instead Of Draining It



When life feels overwhelming, many people believe they need to push harder, exercise longer, or find the motivation for intense workouts. The reality is that when stress levels are already high, more is not always better.

The right kind of movement can help reduce stress hormones, improve mood, increase energy, and support nervous system recovery. Activities such as walking, stretching, yoga, and strength training can provide powerful physical and mental health benefits without leaving you feeling depleted.

If you've been feeling exhausted, burned out, or mentally overloaded, your body may not need more intensity it may need more intentional movement.

[Read our full blog post](#) to learn how to use movement as a tool for recovery, resilience, and long-term wellbeing.

RECIPE

STRAWBERRY SPINACH SALAD

Salad:

- $\frac{3}{4}$ cups raw pecans (toasted)
- $\frac{1}{2}$ small red onion (thinly sliced)
- 10oz fresh baby spinach
- 1 quart strawberries
- $\frac{3}{4}$ cups crumbled feta cheese

Dressing:

- $\frac{1}{4}$ cup balsamic vinegar
- 3 tbsp olive oil
- $1\frac{1}{2}$ tbsp poppy seeds
- $1\frac{1}{2}$ tbsp honey
- $\frac{1}{2}$ tsp dijon mustard
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{8}$ tsp ground black pepper



Recipe from [Well Plated](#)

1. Toast pecans for 8-10 minutes at 350 degrees F.
2. Place the sliced onions in a bowl and cover with cold water till your salad is ready. This takes out the harsh onion bite but keeps the flavour.
3. Prepare the dressing in a small mixing bowl and whisk together all ingredients. Drain the onions and add to salad. Top with dressing and toss lightly.
4. Add feta cheese and pecans. Serve immediately.

RECOMMENDED RESOURCES

Looking For A Good Tool? Check These Out...



Books:

- **Mind Over Mood** - Author Dr. Dennis Greenberger
- **Buy Yourself the F*cking Lilies**- Author Tara Schuster
- **How to Keep House While Drowning**- Author Kc Davis
- **The Mental Load**- Author Emma

Apps:

- **Insight Timer** - Insight Timer is a mindfulness and meditation platform focused on guided meditations, sleep content, breathwork, music, and self-guided practice tools.
- **Healthy Minds Program** - Healthy Minds Program is a free mobile app for meditation, mindfulness, and psychological well-being developed from research conducted at the Center for Healthy Minds at the University of Wisconsin-Madison. It combines guided practices, short educational lessons, and well-being assessments to help users build skills related to focus, resilience, relationships, and purpose.

