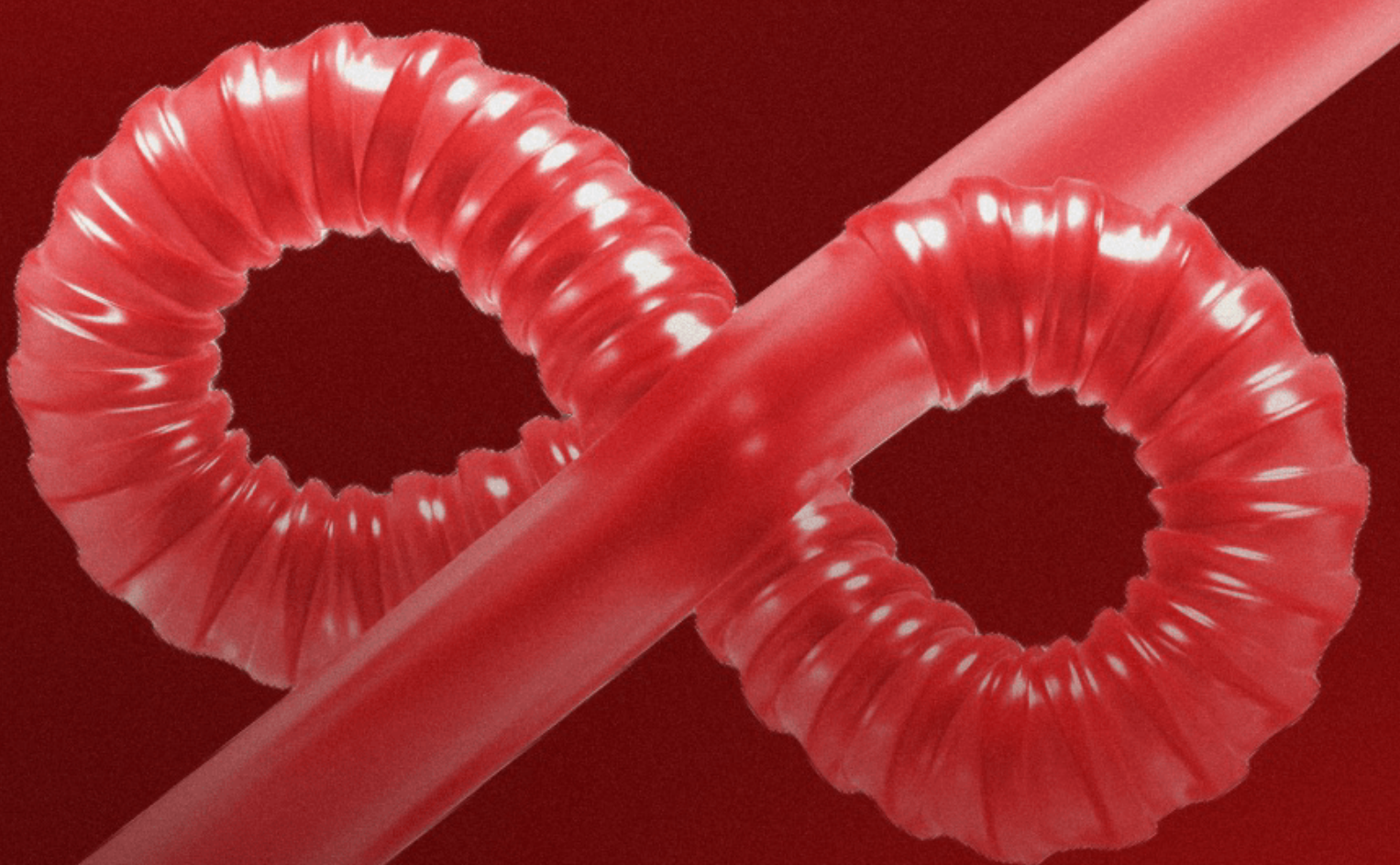


CONGRATS!
*you're **KILLING IT!***
but is it
KILLING YOU?

A red ribbon is tied into a bow, with a diagonal red line crossing through it from the bottom left to the top right. The background is a solid dark red color.

The quiet unraveling of successful
women and the
5 tools that saved me.



HI THERE!

Before you read this, take a breath. Really. In through the nose, out through the mouth. If you're here, reading this ebook, I know something about you already....

You're strong. Capable. Driven. You're the one who holds it all together. The one who shows up. Who powers through.

From the outside, it looks like you're killing it. But inside? You're quietly wondering: Is it killing me?

Because lately... something's been off. You're tired in a way sleep doesn't fix. Your motivation is flickering. The things that once lit you up now feel heavy. And somewhere deep inside, there's a whisper you can't ignore: "I can't keep doing this like I used to."

I created this guide because I've lived that moment. I've cried in the shower, questioned everything I built, and hit the kind of burnout that doesn't just ask you to rest, it asks you to rebuild.

This isn't another productivity hack or "self-care" checklist. This is a reclamation. A remembering. A permission slip.

Each of these 5 tools is something I wish someone had handed me before I crashed. They're drawn from nervous system science, somatic healing, and my own hard-earned experience, the lessons I had to unlearn the hard way, so you don't have to.

So let's burn the old rulebook together. Let's write new ones that actually honor the woman you're becoming.

01

BURNOUT ISN'T JUST ABOUT DOING TOO MUCH

IT'S ABOUT HOLDING TOO MUCH,
FOR TOO LONG.

Burnout isn't just a failure of energy.

It's a failure of capacity, emotional, physical and neurological. I used to think burnout was for people who couldn't handle the heat. To me, burnout sounded like weakness.

I used to roll my eyes at the word, convinced I was different. I was driven. Built differently. A high-performer. A machine. I could always push through. And that was half the problem;

I only knew how to push. Even when my body was so tired. Even when joy slipped away from the things that once lit me up. Even when I couldn't focus, couldn't rest, couldn't feel. I ignored every sign until it wasn't a whisper anymore. It was a crash. Not one big collapse, but a slow crumbling. Until one day, I woke up and realised;

I wasn't just tired. I was disconnected from myself. From everything.



What I wish I'd known?

You don't just burn out from doing too much. You burn out from holding too much, for too long without enough support.

What burnout is, and what it isn't;

Burnout isn't just exhaustion. It's not about a few long work weeks or a busy season. It's not solved with a bubble bath or a weekend off.

It's a full-body breakdown of your ability to function the way you once could. It is a nervous system collapse from too much pressure, too few boundaries, and too little support for too long.

And here's what I need you to hear;

Burnout doesn't just come from doing, it comes from **holding**. Holding everyone else's expectations. Holding your breath. Holding your tears back. Holding the business, the household, the relationship, the team, the mask.

Until your body can't hold anymore.



Scientifically speaking, burnout isn't just a mindset problem.

It's a **physiological state of depletion** caused by sustained stress without adequate recovery. Chronic cortisol elevation. Nervous system dysregulation. Vagal nerve exhaustion.

It often starts when you override your body's need for rest, over and over again, until you're living entirely from your survival brain.

Until your body can't hold anymore.



What I wish I'd known;

- Pushing through isn't strength; it's survival. And survival is not the same as living.
- Burnout doesn't mean you're broken.
It means your body did its job for too long without backup
- You don't need more productivity hacks.
- You need to stop carrying it all alone.
- You are not weak for needing rest.
You are wise for choosing it.

Three key signs you've crossed the threshold:

- 1 Emotional Exhaustion: You're beyond tired, you're emptied out.
- 2 Depersonalization: You feel numb, cynical or emotionally disconnected from yourself or others.
- 3 Reduced Sense of Accomplishment: Even when you do get things done, they don't feel meaningful.

These signs can show up gradually. A quiet erosion of your inner spark. A dulling of purpose. A bone-deep fatigue that sleep won't fix.



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To help you gently rewire the patterns that lead to burnout, start here;

1

Where am I pushing myself to perform, produce, or show up, even when I feel empty?

2

What signs has my body been giving me that I've been ignoring?

3

What beliefs do I hold about rest, and who taught me those beliefs?

4

What's one thing I can stop holding (or doing) this week, without guilt?

5

If I deeply trusted that my worth isn't measured by output, how would I move differently today?

02

YOUR NERVOUS SYSTEM ISN'T WEAK, IT'S OVERLOADED

BURNOUT ISN'T A MINDSET ISSUE. IT'S A CAPACITY ISSUE.

Let's break this down:

Your nervous system is your body's operating system.

It controls everything: your heartbeat, digestion, breath, immune response, and how you respond to stress or safety. It was never built for constant urgency. But in a world that worships hustle, many of us are living in chronic survival mode and calling it ambition.

You're not "too sensitive." You're not "dramatic."
You're dysregulated.

When your body perceives threat, real or imagined, it activates the autonomic nervous system, your internal alert system.



There are two key branches:

1. Sympathetic nervous system: Fight or flight. Your body mobilizes. You power through.
2. Parasympathetic nervous system: Rest and repair. Your body recovers.

But it's not just two modes.

Thanks to Dr. Stephen Porges' Polyvagal Theory,

We now understand that the vagus nerve, a massive nerve that connects your brain to your heart, lungs, and gut, determines your felt sense of safety.

Here's the thing: Safety is felt before it's understood:

Your body knows if it feels safe long before your brain does.

And when you don't feel safe, emotionally, physically, relationally, your body responds accordingly.



It goes into;

- **Fight:** Rage, tension, control,
- **Flight:** Overworking, anxiety, perfectionism.
- **Freeze:** Numbness, brain fog, apathy.
- **Fawn:** People-pleasing, self-abandonment, over-giving.

If you've been in these states for weeks, months, or even years, it's not your fault.

It just means your nervous system has been trying to keep you alive in a world that didn't feel safe.



I lived in a constant loop of fight and fawn.

I thought I was being strong. Capable. Productive. But underneath it all, I was bracing. I didn't know how to relax without guilt. I didn't trust rest.

I equated stillness with laziness and hustle with value. Until my body said "enough." And I realized: This wasn't burnout from ambition, it was burnout from never feeling safe enough to stop.

A dysregulated nervous system isn't weak.

It's protective. It's intelligent.

But it's also exhausted.

Healing from burnout means teaching your body, not just your brain, that it's **safe** again.



A SIMPLE NERVOUS SYSTEM RESET:

The Vagus Nerve Exhale

This is one of the easiest and most effective ways to activate your parasympathetic nervous system (your rest-and-repair mode);

Do this:

- 1** Inhale deeply through your nose for a count of 4.
- 2** Exhale slowly through your mouth (or nose) for a count of 8.
- 3** Repeat for 3-5 rounds, focusing on the long, gentle exhale.

Why it works;

The longer exhale signals to your vagus nerve that the threat is over.

It helps deactivate the stress response and return you to a place of calm.

Use this before meetings, after conflict, or anytime you feel overstimulated.

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1

Where do I feel “on alert” in my life, even when nothing is wrong?

2

What does safety feel like in my body? When was the last time I truly felt it?

3

In what situations do I abandon calm to chase productivity or prove my worth?

4

How might I redefine rest ,not as laziness, but as leadership?

5

What is one small practice I can start today to remind my body that it is safe?

03

BURNOUT ISN'T ABOUT WEAKNESS, IT'S ABOUT IDENTITY

WHEN YOUR VALUE IS TIED TO WHAT YOU DO, YOU'LL KEEP DOING UNTIL YOU BREAK.

I didn't burn out because I was weak.

I burned out because I was **performing** strength.

My whole identity had become wrapped in being “the one who could handle it.”
The one who didn't need help. The one who could outwork, outlast, outperform.
On the outside, it looked like confidence. But inside? I was terrified that if I relaxed,
i'd lose my 'edge'.

So I over-delivered. Over-functioned.
I kept going long after my body whispered 'stop'.

I believed that if I stopped doing, I'd **stop being valuable**.



In The Myth of Normal, Dr. Gabor Maté

Reveals something that cracked
me open:

"The very behaviors we associate with success, hyper-independence, perfectionism, emotional suppression, are often adaptations to early trauma, not signs of true well-being."

What does that mean?

It means many of us aren't just tired from doing too much.

We're tired from being someone we're not, just to feel safe or loved. This is especially true for women.

From a young age, we're praised for being helpful, agreeable, high-achieving. We're told our worth lies in how much we give, how much we accomplish, how well we perform. So we build identities around being **"the good girl" "the achiever" "the fixer" "the strong one"** And we carry those roles into adulthood, straight into burnout.



Let me be clear;

You are not broken.

You just outgrew the mask. Burnout is not the problem. Burnout is the signal that your inner self is suffocating under the weight of who you think you have to be. Your nervous system is exhausted from upholding an identity that no longer fits.

This is the wake-up call:
You can't expand into your next level if you're still trying to prove yourself to the old one.

I used to think exhaustion was just part of being successful.

Now I see it for what it was:

- The cost of tying my worth to performance.
- The cost of performing "fine" when I was falling apart inside.
- The cost of chasing approval at the expense of authenticity.

What I wish I'd known;

You're allowed to evolve. You're allowed to release identities that once kept you safe. You're allowed to stop being "the strong one" if it's killing you.

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1

Who do I believe I have to be in order to feel loved, safe, or respected?

2

What parts of my identity feel performative or outdated?

3

What am I afraid will happen if I stop overworking, overgiving, or overachieving?

4

How would I show up if I truly believed my worth didn't depend on output?

5

Who am I becoming, and what roles need to be burned to make room for her?

04

HEALING DOESN'T HAPPEN THROUGH DOING, IT HAPPENS THROUGH BEING

YOU CAN'T HUSTLE YOUR WAY BACK TO WHOLENESS.

For a long time, I treated recovery like a project.

I bought the supplements. Read the books. Took the courses.
I turned healing into another to-do list. Another thing to achieve.

Real healing doesn't work that way. It doesn't happen through effort.
It happens through presence. Burnout recovery isn't a productivity pivot.
It's a rewiring, of your pace, your patterns and your perception of worth.



Trauma doesn't just live in your memories. It lives in your body.

Your body doesn't speak in words, it speaks in tension, tightness, fatigue, and anxiety.

If you've spent years running on cortisol, suppressing needs, and shaming rest, then even pausing can feel terrifying.

Stillness doesn't feel like safety, it feels like exposure.

So we fill the silence with more doing. More fixing. More proving.

But eventually, the body says enough. And the only way through... is to stop.

I used to think rest was for people who couldn't keep up.

Now I know rest is what allows me to be ME. The true me.

I used to associate rest with weakness. Now I understand it's the most radical form of reclamation.

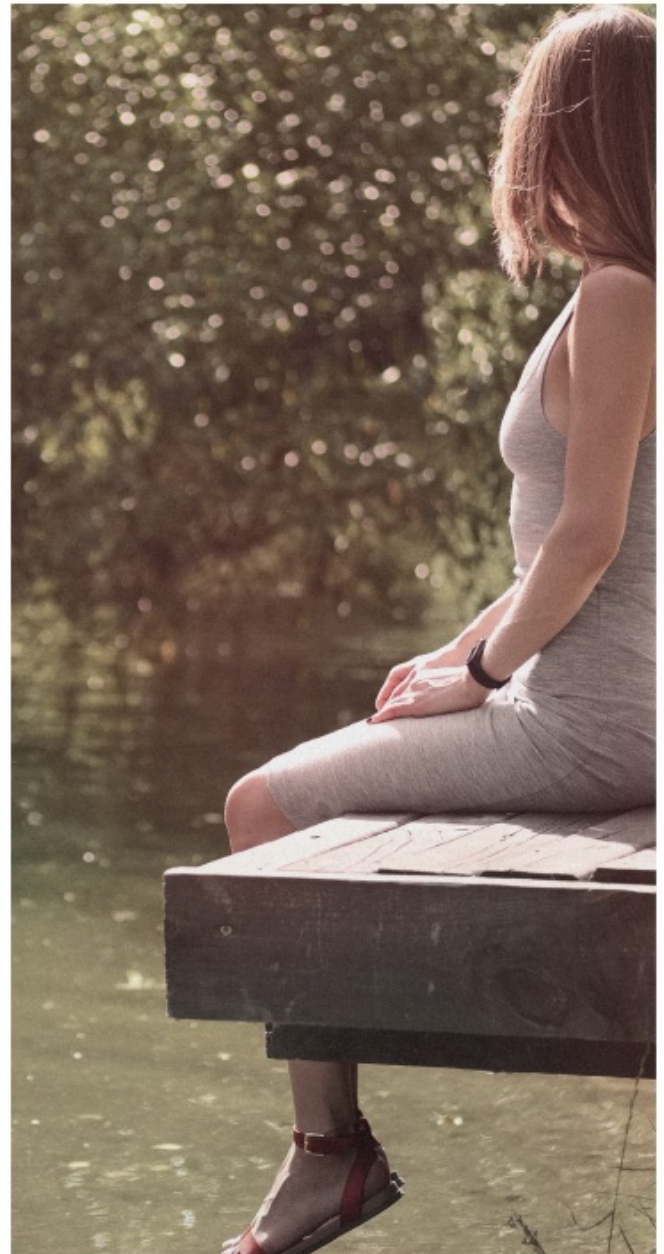
When a woman rests, truly rests, she becomes dangerous to a system that feeds on her depletion... And we carry those roles into adulthood, straight into burnout.



Rest isn't one-dimensional.

There are seven types of rest that we need to feel fully restored:

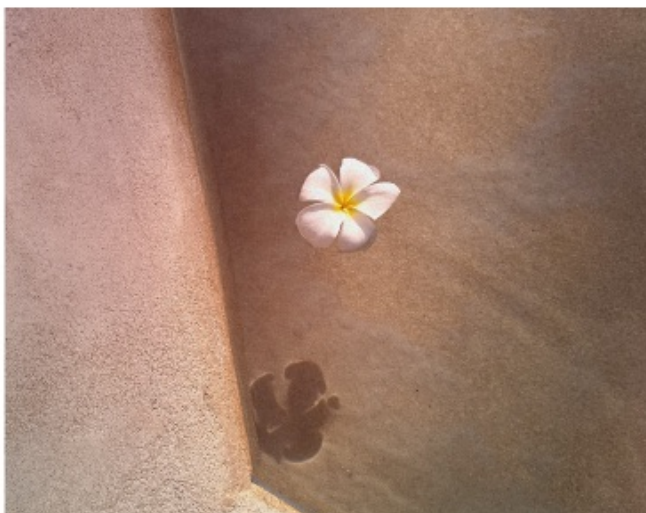
- 1 Physical rest = Gentle movement, sleep, stillness.
- 2 Mental rest = Breaks from overthinking, decision fatigue.
- 3 Sensory rest = Less screen time, dim lighting, silence.
- 4 Emotional rest = Safe places to feel without filtering.
- 5 Social rest = Boundaries from draining relationships.
- 6 Creative rest = Beauty, inspiration, play.
- 7 Spiritual rest = Prayer, purpose, connection to something.



What I wish I'd known;

Rest is not the opposite of productivity. It's the foundation of sustainable success.

You're not behind for needing a break.
You're wise for finally taking one.



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1

What does true rest feel like in my body, not just sleep, but soul-level softness?

2

Where am I still performing healing instead of allowing it?

3

Which of the 7 types of rest do I most need right now, and which have I been neglecting?

4

What makes stillness feel unsafe to me, and what would help it feel safer?

5

If I believed that rest made me more powerful, not less... how would I live differently?

05

NOURISHMENT ISN'T OPTIONAL, IT'S FOUNDATIONAL

THE RULE TO BURN; “EAT LESS, DO MORE.”

If I could go back to the version of me...

Running on caffeine and cortisol, skipping breakfast, forcing herself through heated HIIT classes on an empty stomach, I'd hug her.

Then I'd feed her a real meal. Not a smoothie. Not a coffee. A proper, blood-sugar-balancing, nervous-system-soothing meal.

There was a time I believed discipline meant denying myself: Fewer calories. Longer fasts. Black coffee instead of breakfast. Push harder. Burn more. Hustle through it. I was trying to be focused, lean, magnetic, but underneath all of that?

I was starving. Not just for food. For safety. For stillness. For softness.



What I wish I'd known;

Your nervous system cannot regulate if you're underfed. Your vagus nerve, the one that governs digestion, emotional regulation, and your sense of internal safety, literally runs through your gut. When you skip meals, under-eat, or run on sugar crashes, you're not just low-energy.

You're living in a state your body interprets as threat.

Research in nutritional psychiatry and gut-brain axis science confirms;

- Chronic undernourishment spikes cortisol and keeps your body in sympathetic overdrive (fight or flight).
- Blood sugar instability makes it harder for your vagus nerve to fire efficiently.

Gut dysbiosis (imbalance in gut bacteria) has been linked to anxiety, depression, and burnout like symptoms.



The vagus nerve is like your body's hotline for calm.

But it can't do its job when your gut microbiome is inflamed or unfed.

Regulation requires resourcing. I didn't understand that when I was trying to "be healthy" by intermittent fasting and skipping carbs. I thought being bloated or fatigued was just part of being a woman.

I had no idea I was wrecking my hormonal balance, disrupting my nervous system and worsening my burnout in the name of discipline.

Especially for women, nourishment is deeply tied to hormone regulation. When we under-eat, we're not just running on empty.

We're sending our body a message: "You're not safe. There isn't enough."



Rewriting the Rule;

The old rule said: “Eat less, do more.”

The new rule? Feed yourself like someone whose work, wisdom, and well-being matter.

This looks like:

Eating a balanced breakfast within an hour of waking (especially with protein).

Prioritizing real food over processed “health” snacks.

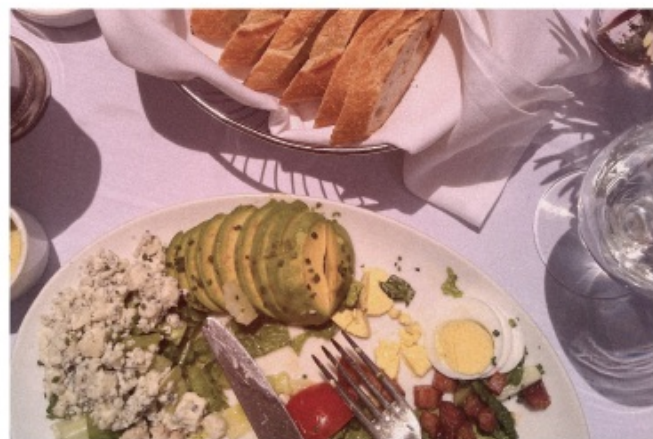
Cutting back on caffeine until after meals.

Drinking enough water (because dehydration mimics fatigue).

Taking breaks to eat, not just to scroll.

This isn't about food rules.

Your gut, your brain, your hormones, your energy, they all depend on it.



What I wish I'd known;

You can't rise when you're starving. You can't think clearly when your blood sugar is crashing. And you can't show up as your fullest self if you're feeding everyone else and forgetting yourself.

Your body isn't a machine. It's a house. A home. A sacred space that deserves to be fed, not just used.

Final thought;

True nourishment isn't just about what's on your plate, it's about the energy behind it. Feed yourself like you matter. Because you do.

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1

What does nourishment currently look and feel like in my life, and where am I depriving myself in the name of discipline?

2

Where did I learn that hunger, softness, or emotional appetite was something to suppress or control?

3

How does my energy, mood, or clarity shift when I consistently eat enough to feel safe and steady?

4

What foods make me feel most grounded, nourished, and alive, and what stops me from choosing them?

5

If I treated nourishment as a non-negotiable act of self-love, how would my body and business respond?

FINAL NOTE

There's no gold star for burnout. No medal for martyrdom.

No prize at the end of the race if you lose yourself along the way.

If no one has told you lately: You're allowed to rest. You're allowed to feel. You're allowed to want more ease, more joy, more life.

You don't need to burn it all down to begin again, but you are allowed to burn what no longer fits.

The roles. The rules. The rhythms that once kept you safe... but now keep you stuck.

This guide is an invitation to soften and recalibrate. To rise in a way that doesn't cost your health or your wholeness.

If any part of this resonated with you, please know, you are not alone. You are not broken and you are not behind.

You're right on time.

Welcome to your next chapter.

WITH LOVE AND FIRE,
Laura.



READY TO REWRITE YOUR OWN RULES?

This guide was just the beginning.

If you're ready to stop surviving and start building a business
(and life) that actually feels good,

I'd love to support you inside the Rule-Burner Coaching Suite™

This is where we unravel the old patterns, regulate your nervous system,
and build bold, soul-led strategy that fits the woman you're becoming.

You don't need another cookie-cutter plan.

You need *your* plan.

Rooted in clarity, confidence, and nervous-system-safe momentum.

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