

ARE YOU MENTALLY EXHAUSTED?

HERE ARE 7 SIGNS THAT YOU ARE...

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How do you know if you're mentally exhausted?

Many of us are reaching our breaking point without even realizing it. Instead of realizing we have an exhausted psyche, we place blame elsewhere.

SIGNS YOU'RE MENTALLY EXHAUSTED?

- *You seem more negative & hopeless
- *You can't focus
- *You can't sleep
- *You feel numb
- *You're more avoidant & detached
- *You're more irritable
- *You're quicker to argue & react

WHAT TO DO ABOUT IT

- *Be aware
- *Investigate- "What should we do about it & deal with it."
- *Talk about it
- *Find one thing today that actually elevated our game

reflections:

Are you mentally exhausted?

Which sign are you exhibiting?

What is something you can do to cope in a healthy way?

How can you rest & heal your exhaustion?

Notes: