

Busting Out of **BURNOUT**

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It's time to reclaim your life!

Feeling stuck, exhausted, or like you're barely holding it together behind a polished exterior? Questioning your abilities and wondering if this is what happens when you get "old"? While seasons and stages impact capacity and drive, your underlying issue may be burnout!

It's time to stop looking for a quick fix and instead dig into a strategy that will move you from surviving to thriving!

As a mental health professional and woman juggling all the roles, I know firsthand how burnout sneaks in and hijacks your mind, body, and spirit. I also know what it takes to reclaim your life so that you experience authentic passion and purpose.

These five steps from the [ARISE Growth Model](#) I created to help clients, along with the following inventories and worksheets, provide the framework for busting out of burnout so that you can reclaim your life! Yes, it is time to ARISE, stabilize, and thrive.

1. ASSESS

Start by assessing what is happening in your life currently from a practical perspective. Consider your daily responsibilities in every aspect of your life – home/chores, career, volunteer work, ministry, family, friendships, and hobbies. Utilize the Life Mapping worksheet (page 3) to get a simple, high-level overview.



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2. REFLECT

Take a few minutes to reflect on how you are doing by using the Burnout Inventory (page 4), taking an inventory of your Emotions (page 5), and Body Sensations (page 6) to notice how you are showing up in the last 7 days, compared to the last 30 days.

3. IDENTIFY

To get a perspective on how your core beliefs are influencing your choices, take a moment to review the Negative and Positive Beliefs worksheet (page 7). Highlight the beliefs you hold and rank them in order of most powerful to least. Bring these core beliefs to your therapist or coach to explore the situations in which those beliefs were formed and explore strategies for healing and growth in those areas.

4. STRATEGIZE

What does your mind, body, and soul need to be revitalized? It's time to move from surviving to thriving through having a clear action plan for recovery from burnout. By anchoring your identity in truth, not in your performance, productivity, or perfection, you can find your way forward through setting realistic goals. When you're ready to embrace this kind of growth, the [Personal Vision Program](#) is an excellent tool!

5. ENGAGE

The danger of burnout is the temptation to isolate and hide from the very people who can support you. Healing happens in connection, where your story is held with compassion and your steps forward are taken with courage. Tapping into the support of a mental health professional who is trained to support you through this kind of journey can be your best next step. You don't have to do this alone.

You're not meant to just survive. You're meant to thrive!

If you're ready to go deeper, explore coaching and counseling support at StableMinded.us. Let's walk this out together.

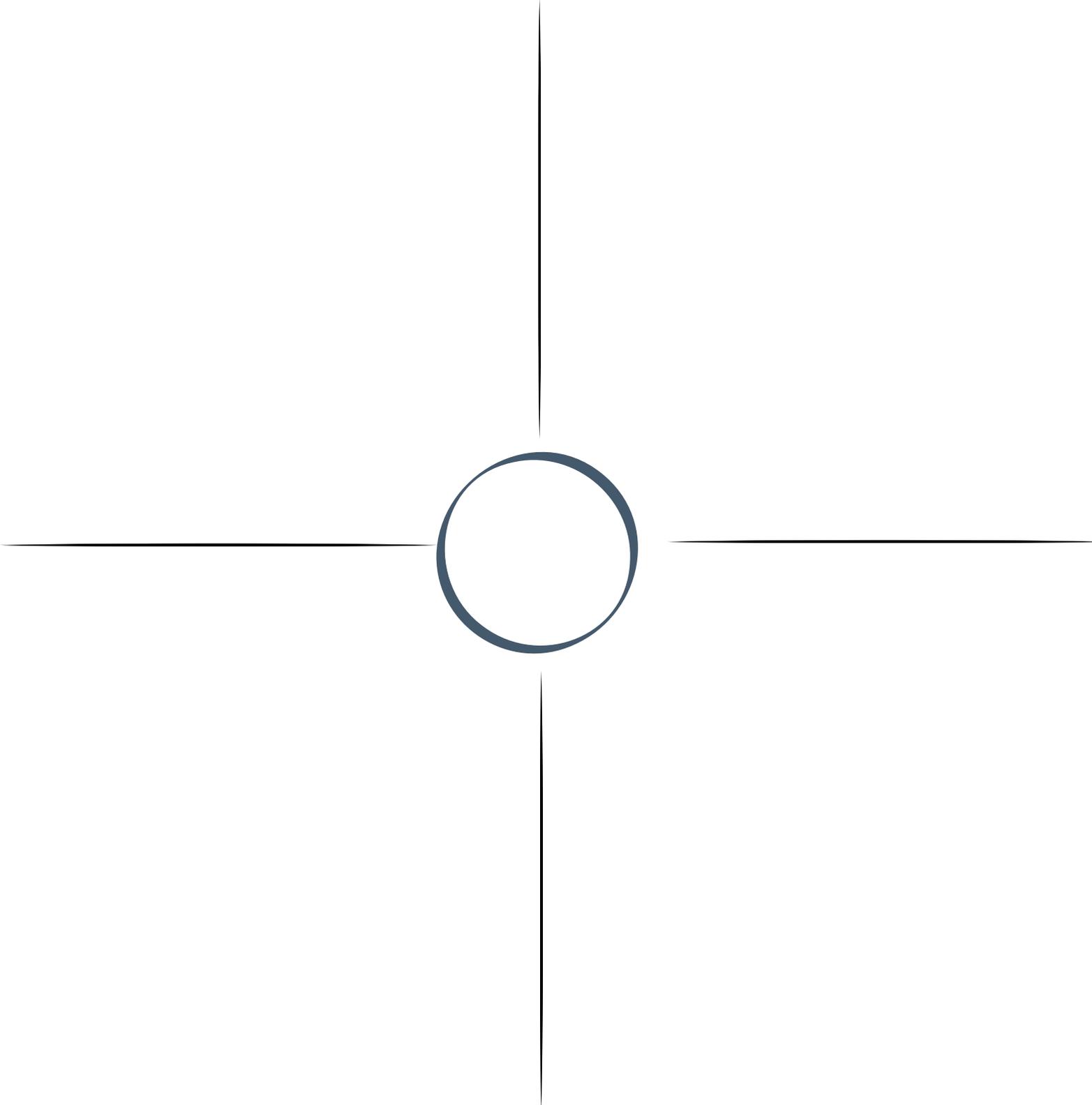


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LIFE-MAPPING

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Use the space below to draw your life map, identifying the areas of responsibility with the main categories of life. For the areas that are life-giving, draw a line with an arrow pointing towards you at the center. For the areas that are life-draining, draw a line with an arrow pointing towards that area.



BURNOUT INVENTORY

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Circle the answer that most closely reflects your experience over the past 2–4 weeks.

1. I wake up feeling rested and ready to face the day.

Always Often Sometimes Rarely Never

2. I feel emotionally present and engaged with the people in my life.

Always Often Sometimes Rarely Never

3. I can focus and complete tasks without feeling overwhelmed or scattered.

Always Often Sometimes Rarely Never

4. I feel physically energized and nourished — not depleted.

Always Often Sometimes Rarely Never

5. I feel spiritually connected and grounded.

Always Often Sometimes Rarely Never

6. I take intentional pauses during the day to rest, breathe, or reflect.

Always Often Sometimes Rarely Never

7. I say “yes” based on my values — not guilt, pressure, or fear of disappointing others.

Always Often Sometimes Rarely Never

8. I enjoy the work or responsibilities I carry — most days.

Always Often Sometimes Rarely Never

9. I feel supported — emotionally, practically, and spiritually.

Always Often Sometimes Rarely Never

10. I know how to recognize and respond to stress signals in my body and emotions.

Always Often Sometimes Rarely Never

If you answered “Rarely” or “Never” to 3 or more questions, burnout may be taking root — and it’s time to pause, get curious, and get support.

EMOTIONS INVENTORY

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AFRAID

anxious	nervous
apprehensive	overwhelmed
confused	panicked
cranky	reserved
desperate	scared
distressed	shaky
doubtful	startled
edgy	stressed
helpless	suspicious
horrified	terrified
insecure	uncomfortable
irritable	uneasy
jittery	unnerved
mistrustful	worried

SAD

ashamed	heartbroken
alienated	hopeless
anguished	loathing
apathetic	lonely
detached	lost
depressed	indifferent
disconnected	miserable
disturbed	nauseated
disappointed	numb
dismissed	remorseful
embarrassed	sympathetic
exasperated	troubled
foreboding	unhappy
gloomy	upset
grieved	withdrawn

MAD

angry	frustrated
aggravated	hate
aggressive	horrified
annoyed	hostile
appalled	livid
ashamed	infuriated
betrayed	insulted
bitter	incensed
cheated	irate
contrary	irritated
contempt	offended
disapproving	perturbed
disgusted	rattled
dislike	rage
enraged	repulsed
envious	revengeful
furious	uncomfortable

GLAD

amused	open
animated	peace
calm	proud
centered	quiet
comfortable	refreshed
compassionate	relaxed
confident	relieved
content	renewed
empowered	rested
excited	restored
determined	revived
friendly	satisfied
fulfilled	serene
happiness	still
joy	tranquil
love	trusting
mellow	wonder

SENSATIONS INVENTORY

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Airy	Drained	Itchy	Rigid
Achy	Electric	Jagged	Shaky
Bloated	Empty	Jittery	Shivery
Blocked	Energized	Jumpy	Slow
Breathless	Expanded	Knotted	Smooth
Brittle	Expansive	Light	Spacey
Bubbly	Faint	Loose	Spacious
Buzzy	Flaccid	Luminous	Spinning
Bruised	Floating	Moist	Still
Calm	Flowing	Nauseous	Streaming
Clammy	Fluid	Nervous	Stringy
Clenched	Flushed	Numb	Suffocating
Cold	Fluttery	Pain	Sweaty
Cool	Fragile	Paralyzed	Tense
Congested	Frantic	Pounding	Thick
Constricted	Frozen	Pressure	Thin
Contracted	Full	Prickly	Tight
Contained	Fuzzy	Puffy	Tingly
Damp	Gentle	Pulsing	Trembly
Dark	Hard	Queasy	Tremulous
Deflated	Heavy	Quivery	Throbbing
Disconnected	Heated	Radiating	Twitchy
Dry	Hollow	Restricted	Vibrating
Dull	Hot	Ragged	Warm
Dizzy	Icy	Raw	Wobbly
Dense	Inflated	Relaxed	Wooden

BELIEFS INVENTORY

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NEGATIVE THOUGHTS

I am a failure.
I am a bad person.
I am worthless.
I am not loveable.
I am not good enough.
I am stupid.
I am not capable.
I am a disappointment.
I am not in control.
I am too weak.
I have to be perfect.
I don't belong.
I don't measure up.
I should have known better.
I should not feel this way.
I should not feel hurt.
I should not be offended.
I cannot be trusted.
I cannot trust anyone.
I cannot share what I really feel.
I cannot share what I really believe.

POSITIVE THOUGHTS

I am learning through experiences.
I am a human being making choices.
I am worthy because I am alive.
I am loveable because I exist.
I am a work in progress.
I am capable of learning.
I am able to try and can ask for help.
I am not living for others' approval.
I am able to let go of control.
I am allowed to be weak.
I do not have to be perfect.
I can always find a place to belong.
I will not compare myself to anyone else.
I can learn from mistakes and failures.
I can admit my feelings without shame.
I can allow myself to feel hurt and heal.
I can allow myself to feel offended and forgive.
I can become trustworthy.
I can learn to trust others..
I can use my voice to express what I feel.
I can use my voice to express what I think.

MEET YOUR GUIDE



Lisa Pulliam is your guide in this journey of stabilizing and thriving! She is passionate about providing counseling, coaching, and consulting supported by equine-assisted services from a trauma-informed perspective.

Her goal is to see her clients become emotionally resilient and relationally strong in the face of everyday challenges and uncover the life they were made to live.

As a passionate educator, speaker, author, podcaster, and seasoned mental health professional, Lisa has devoted her life to helping individuals pursue growth with practical skills as she simplifies the brain-body-relationship connection that shapes mindset and habits.

Lisa specializes in serving clients navigating anxiety, burnout, trauma, attachment wounds, ADHD, and relationship challenges. As a trauma-survivor deeply healed through both her faith and therapy, she is committed to integrating faith and psychology in her practice, believing that this holistic approach provides the opportunity for authentic heart, mind, body, and soul transformation.

Lisa savors slowing down with her family and friends and delighting in any time spent in the saddle or hanging out in the pasture with a herd of horses and humans.

Lisa Pulliam

FOUNDER OF STABLEMINDED.US

SPECIALIZED TRAINING & CERTIFICATIONS

- Licensed Associate Professional Counselor, PA 2024
- MA in Clinical Counseling, Trauma Concentration, Eastern University, 2024
- EMDR Trained, 2023
- Natural Lifemanship Trauma-Focused Equine-Assisted Coach and Equine-Assisted Specialist, May 2021
- Highlands Ability Battery Consultant, April 2015
- Life Breakthrough Academy, Certified Life Coach, December 2011
- BA State University of New York, Oswego, 1995

SPEAKING & TRAINING

Lisa is available as a speaker and trainer, with more than a decade of experience serving as the keynote for conferences and retreats as well as leading training workshops for groups and leadership teams. To begin the conversation, email lisa@stableminded.us.