

Burnout Reset Workshop

For lifelong athletes and high-performing professionals who feel 'on'... but not right.

NEURAL
ADAPTATION

Not a motivation problem.

Not a weakness problem.

A brain + nervous system problem.

Brandon Day, MS

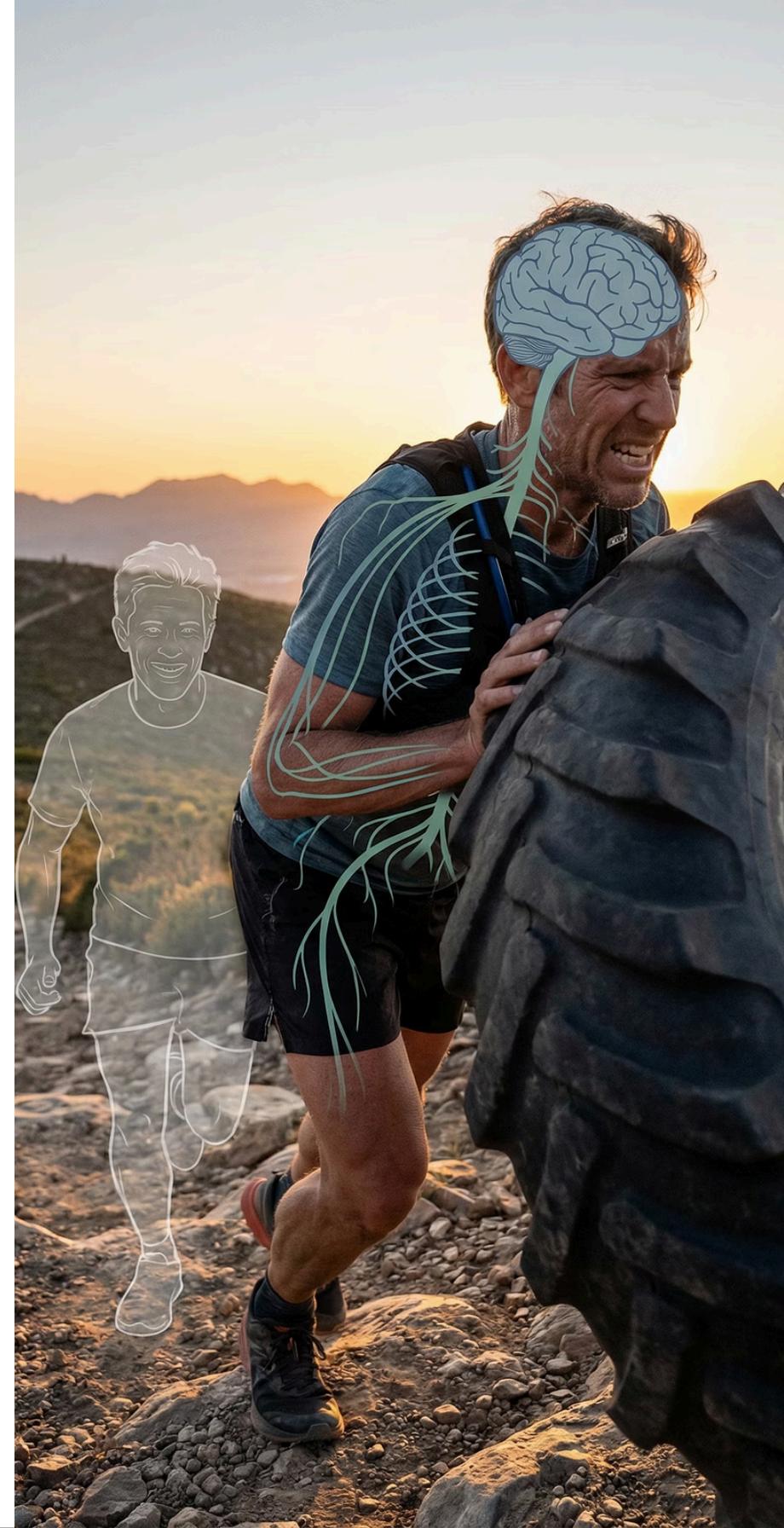
COGNITIVE
RESILIENCE



**What if burnout isn't a failure of willpower—
but a protective mechanism from your brain?**

You've been trained to push through, ignore pain, and override fatigue.

That might've worked when you were 25. But now, those same patterns are draining your nervous system, tanking performance, and shrinking your future gains.



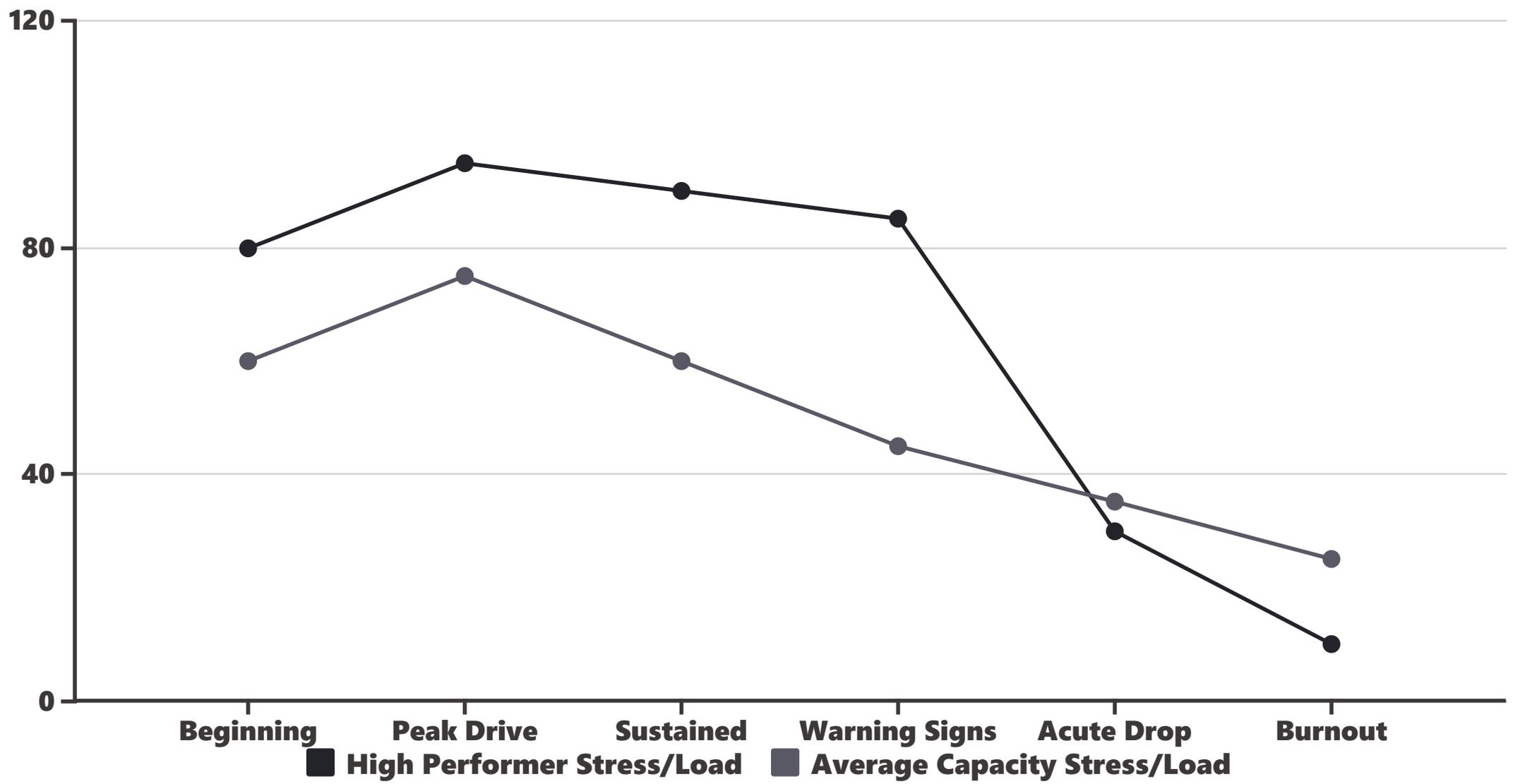
The Race Car Paradox

As an athlete and entrepreneur, I lived by the mantra of pushing harder. When exhaustion hit, I told myself I just needed more discipline. But relentless drive led to burnout, not breakthrough. I learned the hard way: it wasn't a lack of willpower, but a nervous system desperately signaling for a reset.

You wouldn't drive your race car with the parking brake on. But that's precisely what many of us are doing every day with burnout.



Why High Performers Burn Out Differently



Higher tolerance → delayed warning signs → bigger crash.

Load (Threat) Accumulates — Even When You're 'Handling It'

Rate each area based on how it's felt over the past 7–10 days.



Sleep

1 2 3 4 5



Training / Movement

1 2 3 4 5



Work / Cognitive Load

1 2 3 4 5



Relationships / Emotional Load

1 2 3 4 5

Your nervous system doesn't separate stress — it sums it.

The 3 Signs You're Burning Out

Exhaustion

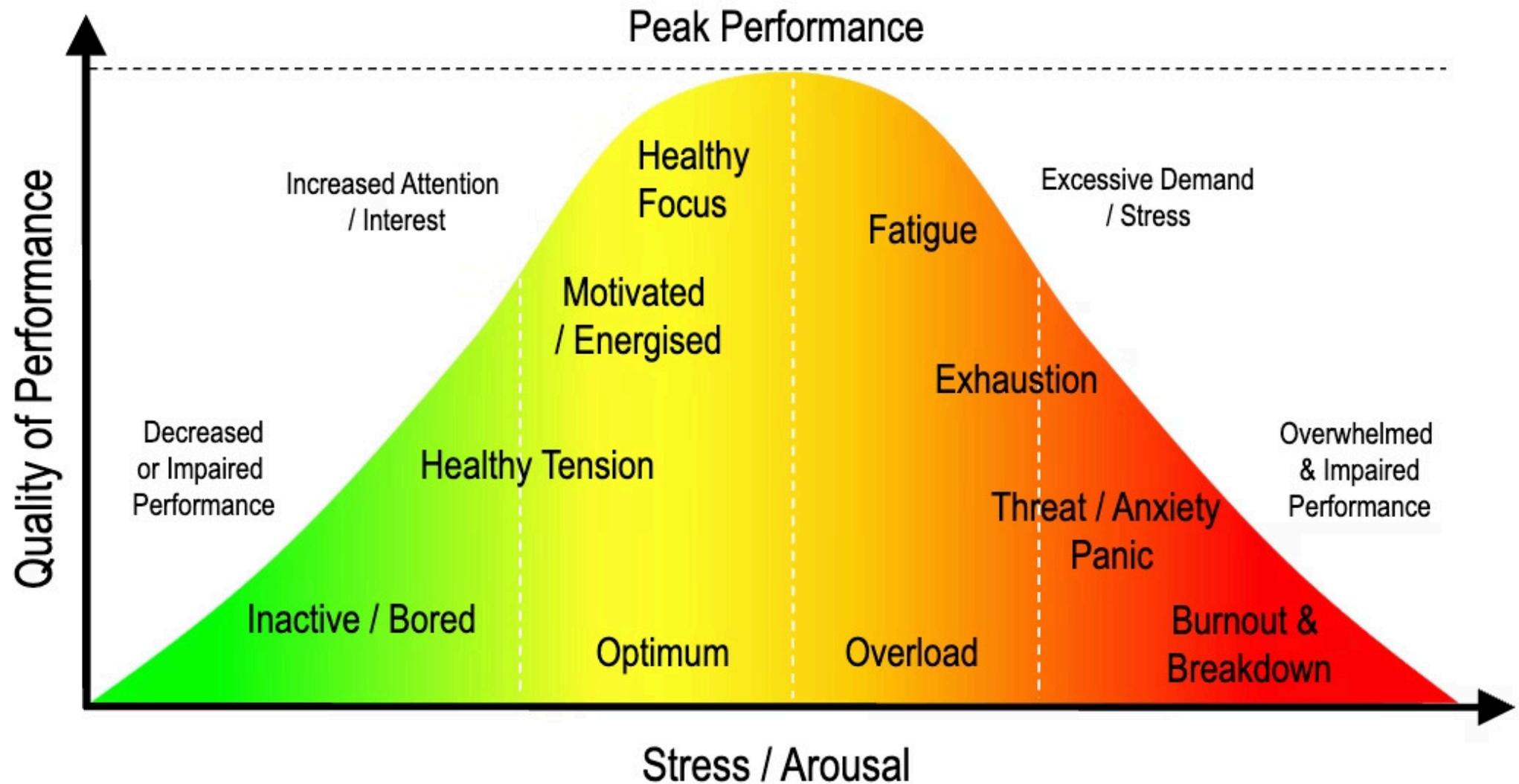
Cynicism / Devaluation

**Reduced Sense of
Accomplishment**

Adapted from Raedeke (1997); Raedeke & Smith (2001)

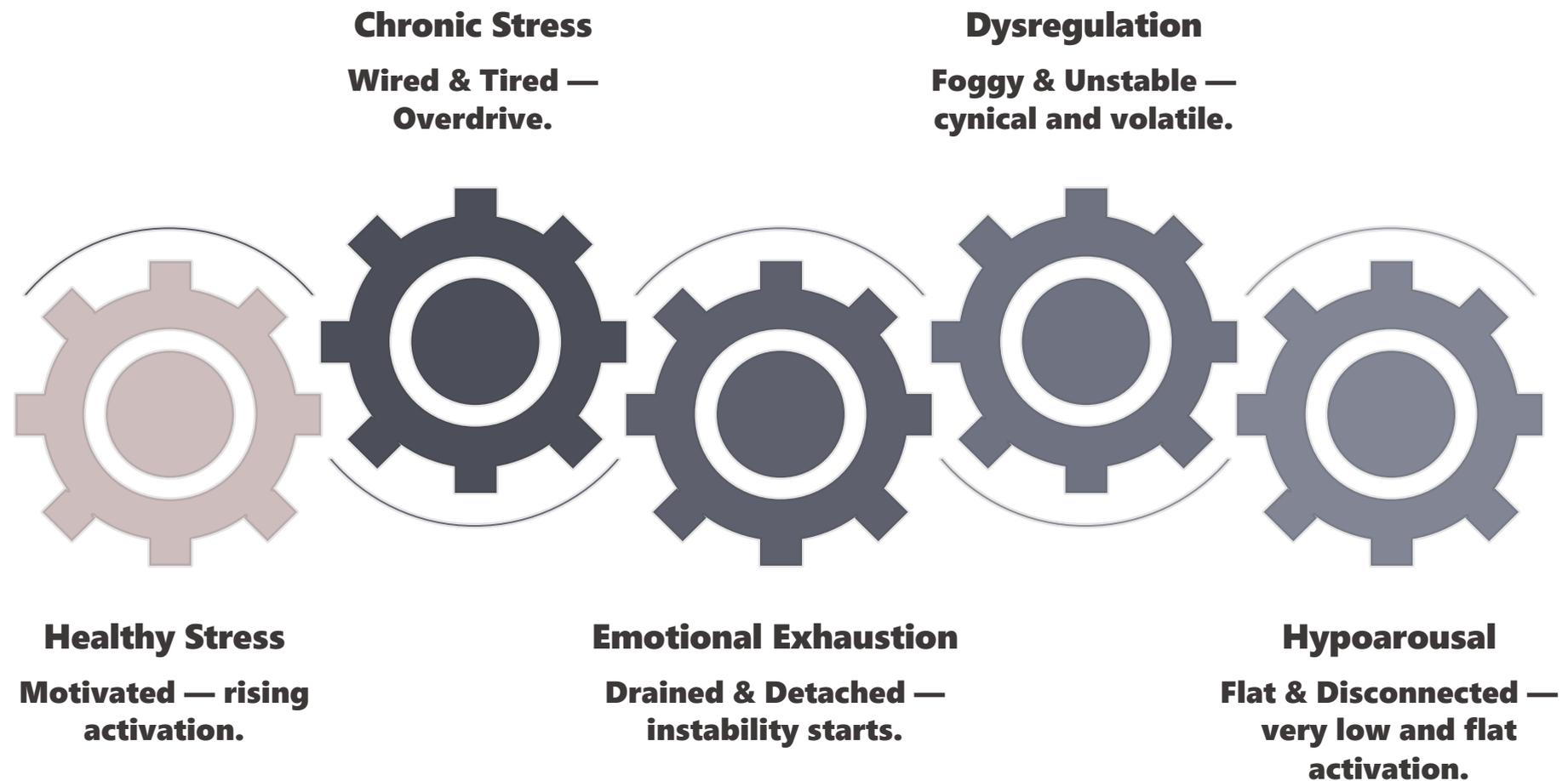
When Stress Becomes Systemic

Your body adapts by lowering output.



Chronic stress → HPA-axis dysregulation

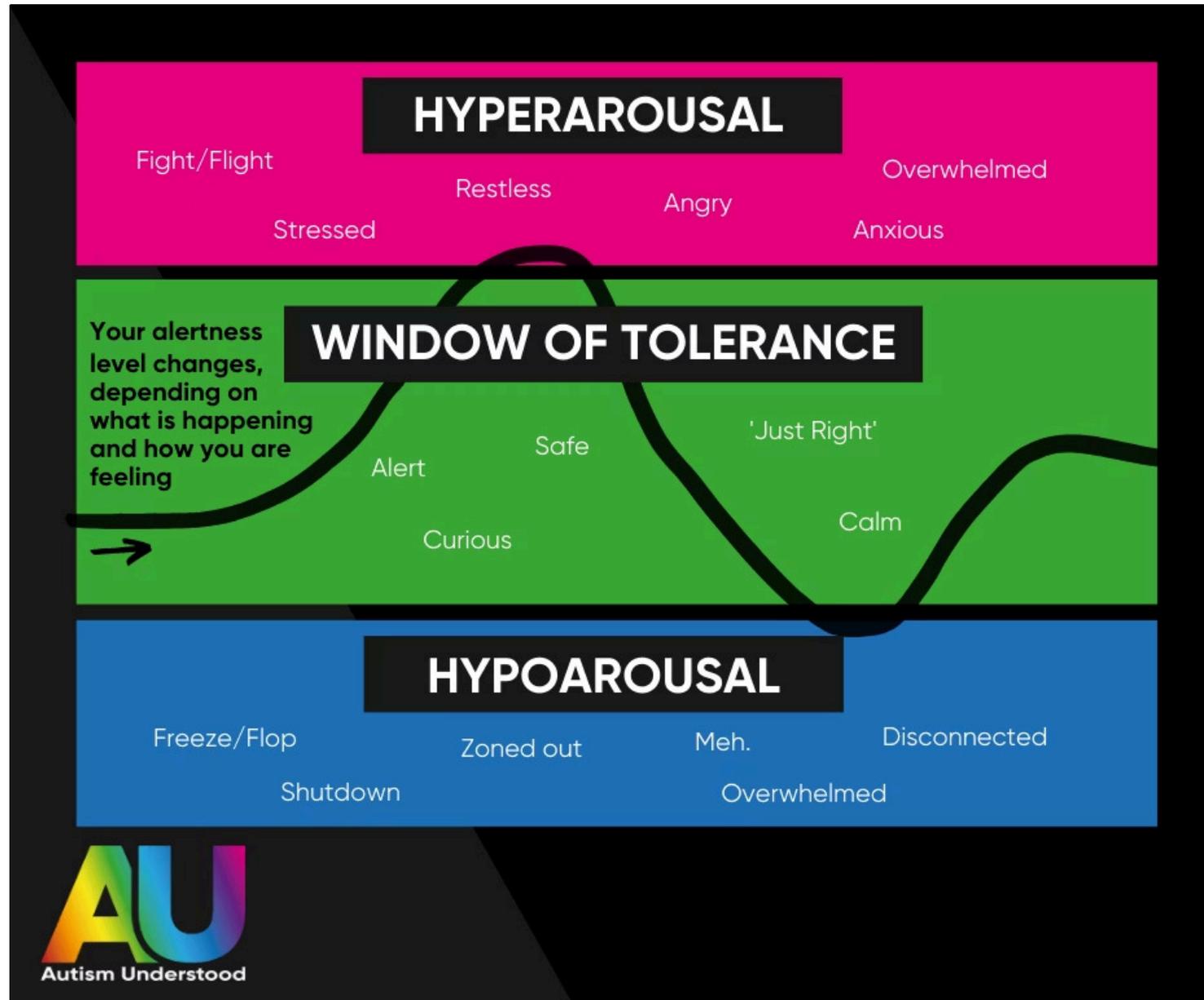
The Burnout Progression (How It Actually Happens)



Burnout is a progressive nervous system adaptation — not a personal failure.

The Window of Tolerance

Our nervous system operates within a dynamic range. Understanding these states is crucial for effective self-regulation and sustained performance.



Stages of Burnout

The Crux of Burnout: A Nervous System Overload



Chronic Dysregulation

Burnout stems from a nervous system stuck in an imbalanced state, constantly struggling to return to equilibrium.



Sustained Hyperarousal

Prolonged periods of high alert without adequate recovery lead to deep-seated exhaustion and a depleted system.



Mismatched Triggers

Your brain misinterprets benign situations as threats, keeping your stress response engaged when it should be resting.



HPA-Axis Dysfunction

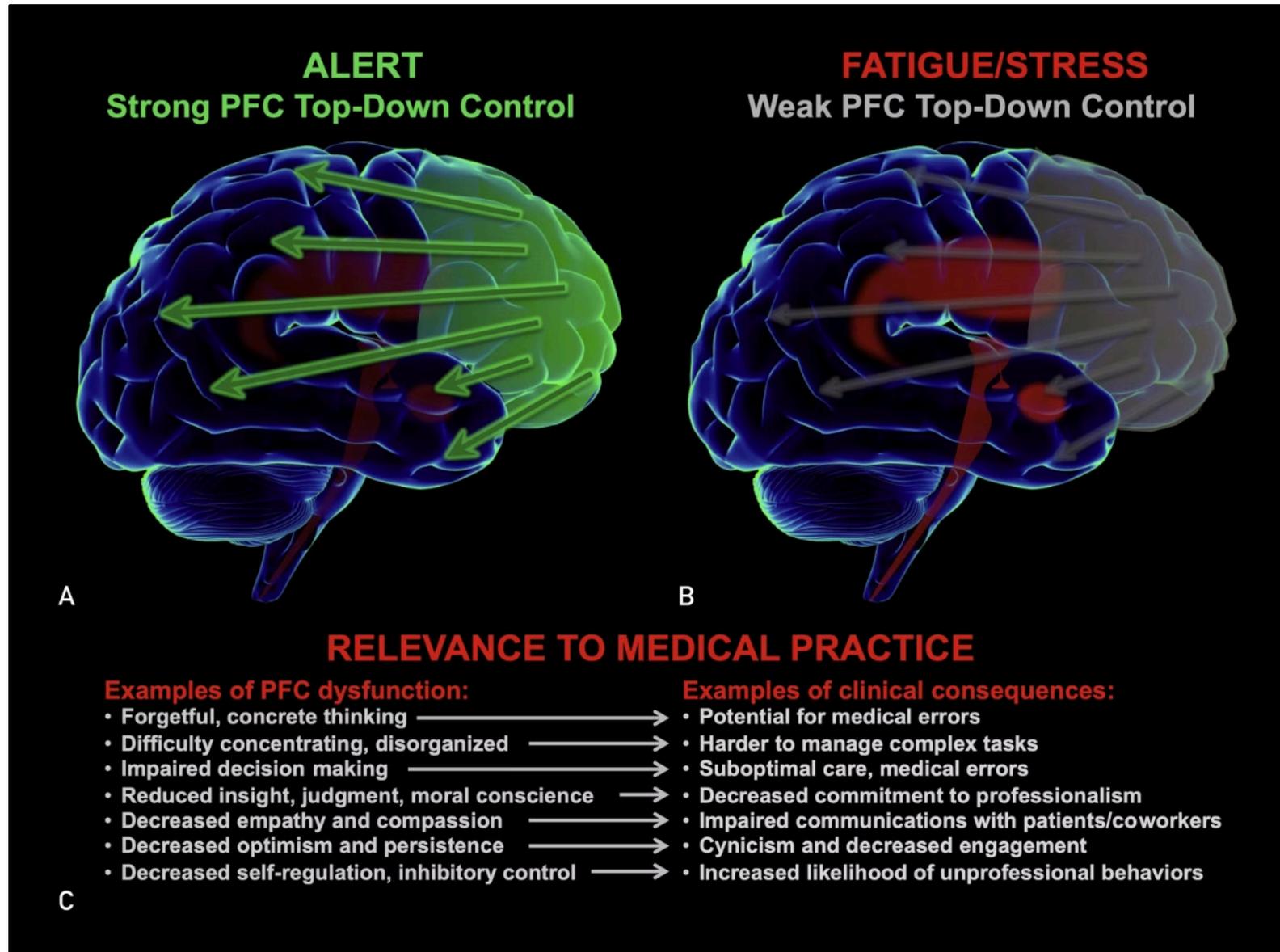
The body's central stress response system eventually becomes overwhelmed, transitioning from overdrive into a state of hypoarousal or shutdown.

The Evolved Burnout Model

Nervous system dysregulation, endocrine system changes, psychological/emotional changes

What Burnout Does to the Brain

Threat up. Regulation down.



Adapted from McEwen (2007); Arnsten (2009); Liston et al. (2009)

Cortisol and HPA-Axis Dysfunction

Live Demo — Why Burnout Isn't a Motivation Problem

01

Notice (Asses)

- Balance
- Tension
- ROM

03

Reset

- Ear pulls (up & back / down & back)
- Slow nasal breathing (4 in / 6 out)
- Jaw glides, tongue circles

02

Create Mismatch

- Hold tension in jaw
- Think about your last confrontation
- Brief breath hold

04

Reassess

- More space?
- Less effort?
- Better control?

Nothing got stronger. The system reorganized.

The 6 Burnout Triggers



Burnout emerges when one or more of these stay out of balance.

Community — The Empty Bench

Character: Batman

What it feels like

- Carrying everything alone
- High responsibility, no backup
- Quiet resentment nobody sees

What's actually happening

- Social regulation circuits underfed
- Low safety and connection signals
- Nervous system stuck in solo-survival mode

Burnout signature

Hyper-independence → isolation → exhaustion

Batman doesn't burn out from the fight. He burns out from carrying it alone.

Control — The Sideline Seat

Character: Anger (Inside Out)

What it feels like

- Irritability
- Short fuse
- Constant frustration
- “This shouldn’t be this hard”

What’s actually happening

- Values–action mismatch
- Moral friction detected by the brain
- Anger masking misalignment or grief

Burnout signature

Energy leaks into irritation instead of purpose

Anger isn’t the problem. It’s the alarm.

Fairness — The Tilted Field

Character: Daffy Duck

What it feels like

- “Why is this harder for me?”
- Comparison loops
- Feeling overlooked or screwed

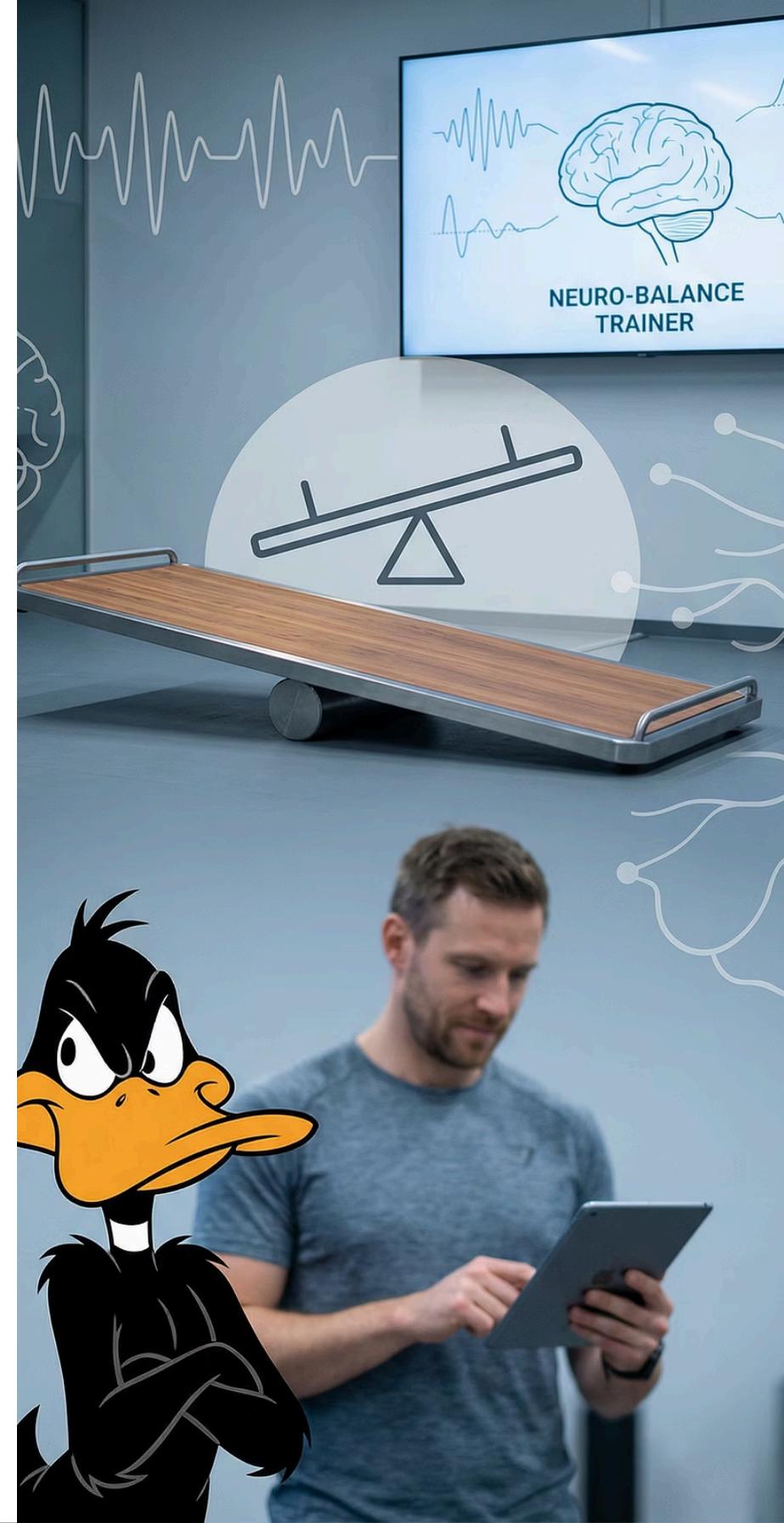
What’s actually happening

- Elevated threat perception
- Constant scanning for injustice
- Stress hormones stay high

Burnout signature

- Emotional volatility
- Inconsistent performance

When the field feels rigged, the nervous system never relaxes.



Reward — The Silent MVP

Character: Squidward

What it feels like

- Doing everything right... and feeling nothing
- No joy, no spark
- Wins feel empty

What's actually happening

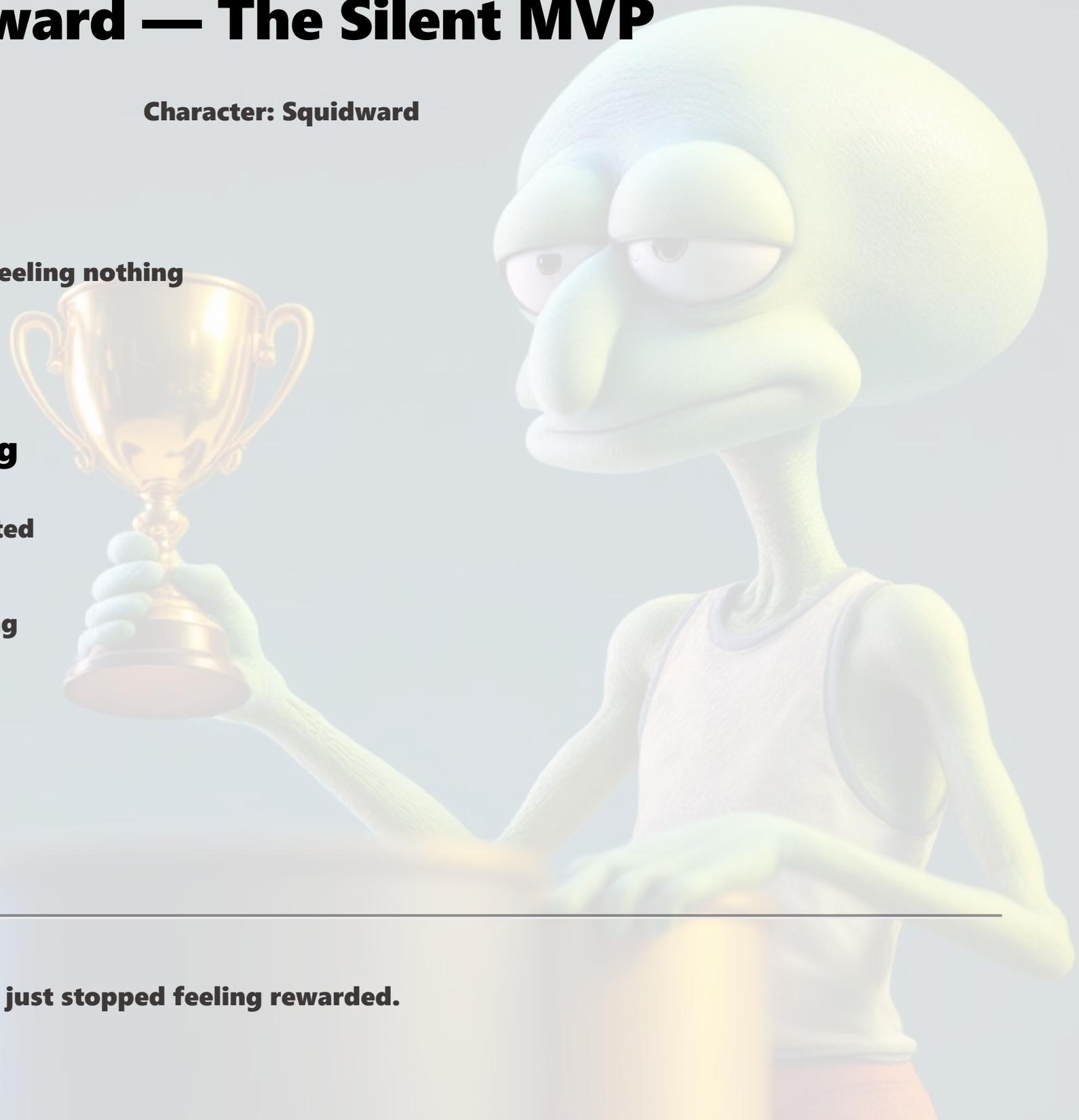
- Dopamine system downregulated
- Reward prediction mismatch
- Effort no longer equals meaning

Burnout signature

Flat affect

Quiet disengagement

You're still performing. You've just stopped feeling rewarded.



Values — The Wrong Jersey

Character: Buzz Lightyear

What it feels like

- "This used to fit... now it doesn't"
- Loss of direction
- Identity confusion after transitions

What's actually happening

- Identity mismatch
- Nervous system built for a role you're no longer playing
- No clear push-recover signal

Burnout signature

Existential fatigue (not physical)

Buzz didn't lose his ability. He lost his context.

Workload — The Endless Season

Character: Mr. Incredible (Bob)

What it feels like

- **No off-season, always "on"**
- **Constant, unrelenting responsibility**
- **Body feels heavy and worn down**

What's actually happening

- **Recovery systems are chronically under-resourced**
- **Load consistently exceeds capacity for too long**
- **No true physical or mental downshift**

Burnout signature

- **Strength without elasticity**
- **Power without recovery**

Even superheroes break when the season never ends.



If Left Unchecked:

- **Increased injury risk**
- **Hormonal and metabolic slowdown**
- **Mood crashes and brain fog**
- **Immune system suppression**
- **Identity crisis: "Why can't I perform like I used to?"**

Reclaiming Your Edge

What you truly want from a burnout reset:

Energy, Flow, Purpose

To train and live with vitality and intention, every day.

Peak Performance

To consistently perform at your best, without fear of breaking.

Holistic Well-being

To feel mentally sharp, emotionally balanced, and physically powerful.

Big Idea 1: Burnout is a Nervous System Problem

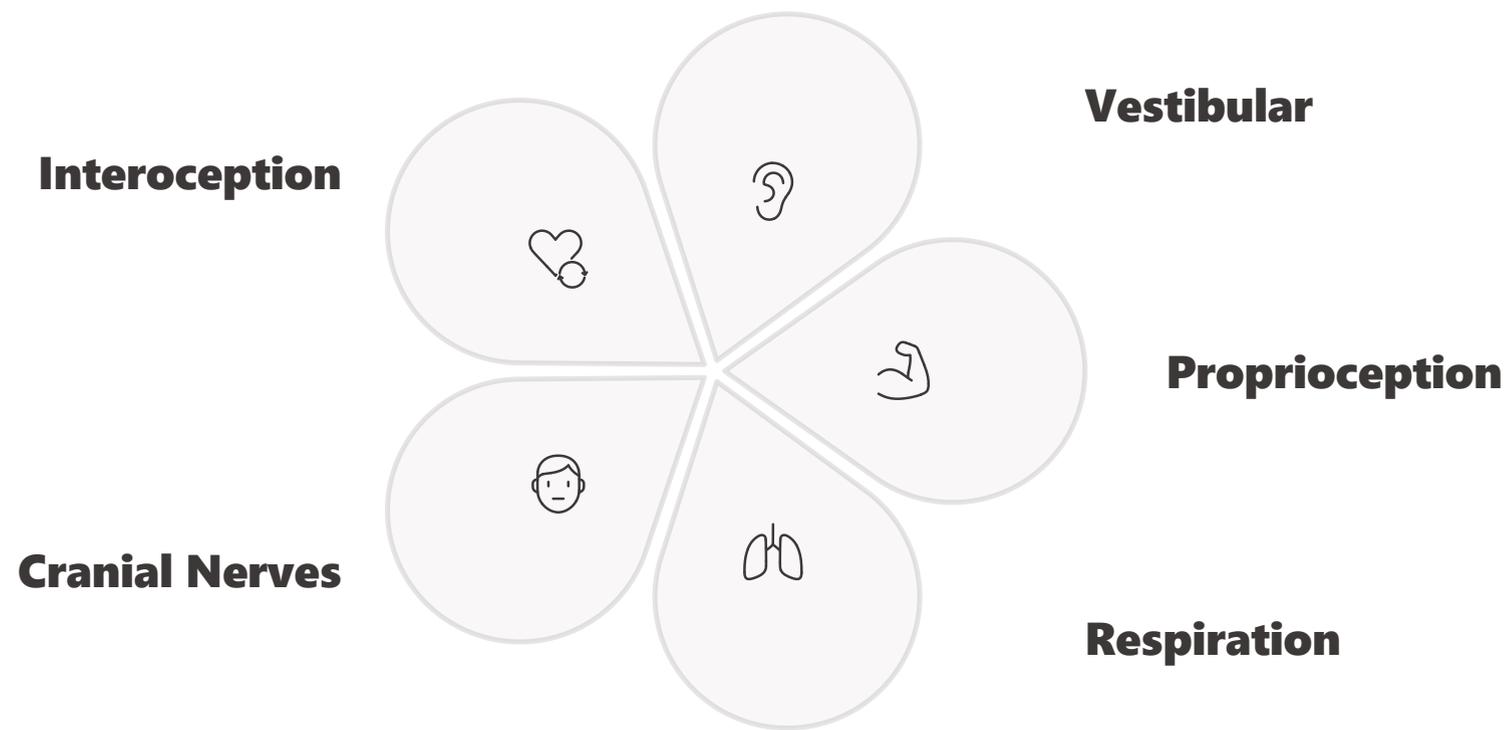
Burnout is not a failure of willpower or motivation. Instead, it's a signal from your nervous system that it has been overloaded and pushed beyond its capacity to cope. It's a physiological state where your body and brain are struggling to maintain equilibrium.

- Your body instinctively protects itself by downregulating systems when it detects prolonged threat or resource depletion. The key is to learn how to actively regulate your nervous system back into its "window of tolerance."**

Live Demo: A Nervous System Drill

We will now conduct a quick nervous system drill designed to illustrate instant changes in clarity, balance, or mobility. This demonstrates how directly addressing nervous system states can bring about immediate shifts, proving that burnout is a physiological issue, not a character flaw.

5 Ways to Regulate the Nervous System



The nervous system responds fastest to sensory input, not thought.

6. Inhibition: Turning Down the Dials

Sometimes, regulation isn't about adding stimulation, but strategically reducing it. Inhibition involves actively decreasing the amount of sensory input bombarding your nervous system, allowing it to rest and reset.

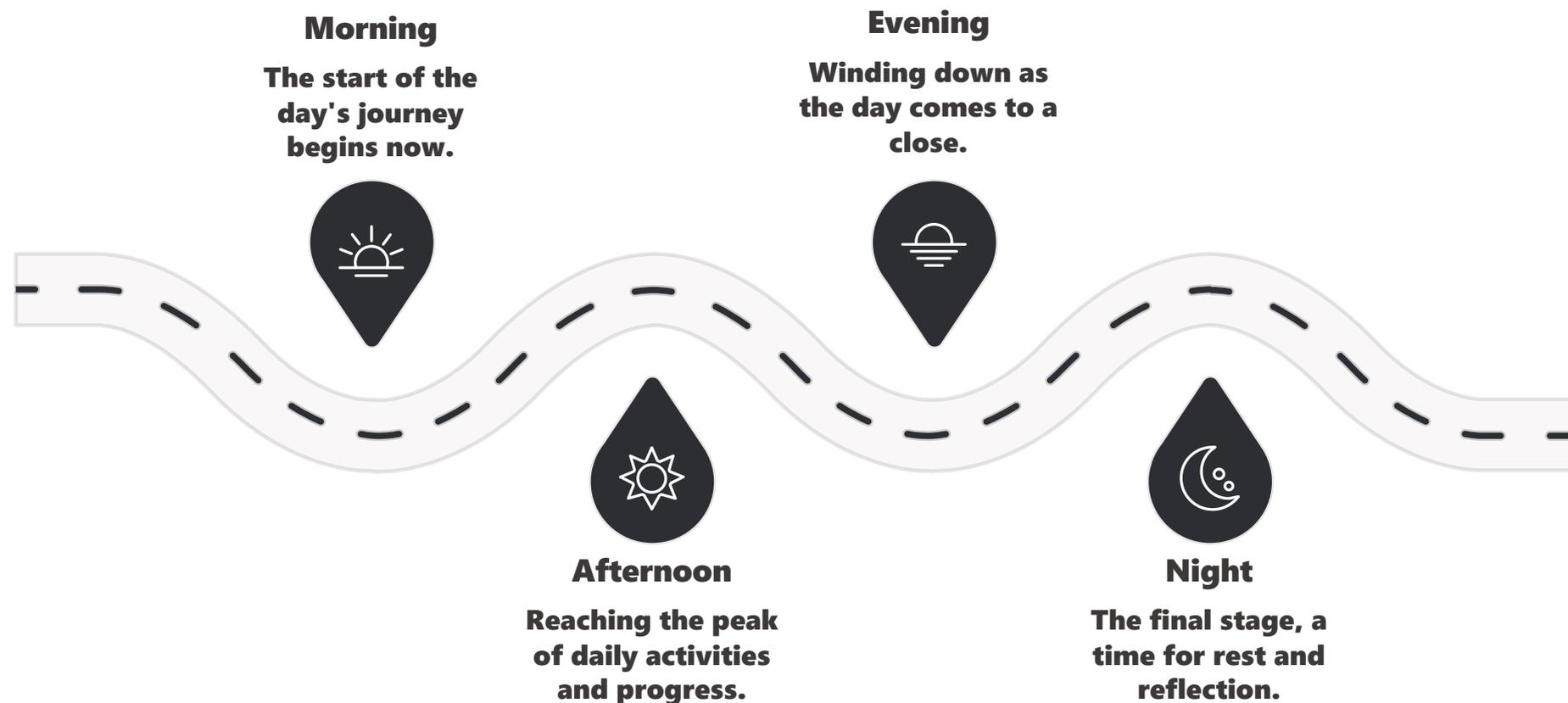
By consciously limiting overwhelming signals, you create a quieter internal environment, signaling safety and allowing your body to downshift from a heightened state.

Tools for Strategic Inhibition:

- **Ab Belt/Compression: Provides gentle pressure, a form of deep touch input that can be very grounding.**
- **Ear Plugs/Noise-Canceling Headphones: Reduces auditory overload in noisy environments.**
- **Colored Glasses/Occlusion Lenses: Filters visual stimuli, lessening the intensity of light or specific colors.**
- **Pinhole Glasses: Narrows visual focus, reducing peripheral distractions.**
- **Hat/Hood: Simple physical barrier to reduce visual and sometimes auditory input, creating a sense of enclosure.**
- **Anything that reduces sensory input: From dimming lights to choosing quieter spaces, the goal is to ease the burden on your sensory processing.**

Big Idea 2: Fix Your Cortisol Rhythm

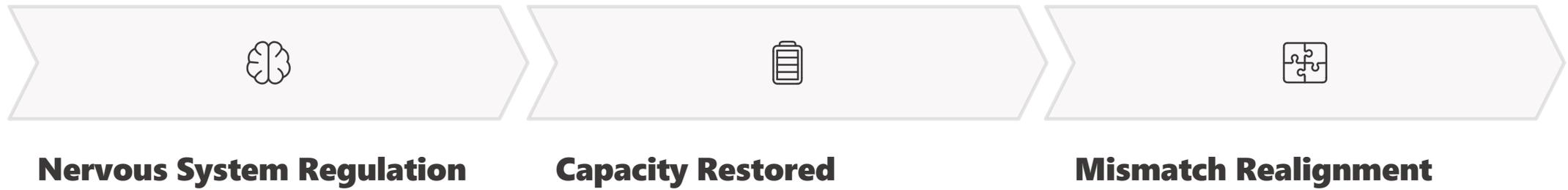
Your body's master stress hormone, cortisol, follows a natural daily rhythm: high in the morning to wake you up, and gradually decreasing throughout the day to allow for restful sleep. In burnout, this rhythm often gets disrupted, leading to chronic fatigue, brain fog, and poor sleep.



By focusing on resetting and restoring a healthy cortisol rhythm, you can fundamentally address most burnout symptoms. This involves strategies to optimize morning energy, manage daytime stress, and promote evening relaxation, allowing your body to recover its natural balance and resilience.

Regulate First. Then Realign.

Burnout resolves when the system and the environment stop fighting each other.



This strategic framework guides our approach to sustainable recovery. It emphasizes sequential steps: first stabilize the overwhelmed nervous system, then build resilience, and finally address the core environmental and personal mismatches that fueled burnout.



Workload



Reward



Fairness



Control



Community



Values

Big Idea 3: Realign Your Mismatches (Your Burnout Archetype)

Understanding your specific burnout archetype, identified through your self-assessment, is the first step towards targeted recovery. Now, let's explore strategies to realign with what truly matters and restore balance.

Community: Build Your Bench

Actively seek out support systems and cultivate meaningful connections. Delegate tasks, ask for help, and share your load to combat isolation.

Control: Reclaim Your Agency

Identify areas where you can exert influence and set clear boundaries. Focus on what you can change, and practice letting go of what you can't.

Fairness: Level the Playing Field

Advocate for equitable treatment and clear expectations. Challenge comparison traps and focus on your own progress and contributions.

Reward: Find Your Spark

Re-evaluate what truly energizes and motivates you. Celebrate small victories, recognize your efforts, and find intrinsic joy in your work and life.

Values: Wear the Right Jersey

Clarify your core values and ensure your actions are aligned with them. If your current path doesn't resonate, explore adjustments or new directions.

Workload: Master Your Season

Prioritize tasks, optimize your workflow, and strategically integrate recovery periods. Recognize that rest is productive, not a luxury.

By consciously addressing the specific triggers that lead to your burnout, you can shift from a state of overwhelm to one of renewed purpose and sustainable performance.

The 7-Day Burnout Reset Plan

This plan is designed to recalibrate your nervous system and rebuild resilience by integrating targeted practices into your daily life over seven focused days.



Sleep

Optimize your recovery



Fuel

Nourish your body



Brain Reset

Calm your mind



Movement

Re-energize your body



Flow

Engage your focus



Light

Sync your rhythm

Each day builds on the last, targeting specific triggers to help you move beyond burnout and reclaim your vitality.

The 7-Day Burnout Reset



Days 1–3: Stabilize

- **Nervous system regulation**
- **Light & cortisol rhythm**
- **Evening recovery routine**



Days 4–5: Simplify

- **Reduce energy leaks**
- **Anchor regulation to daily transitions**
- **Fewer tools, higher consistency**



Days 6–7: Integrate

- **Apply under real life**
- **Review what works**
- **Decide what support you need next**

Small inputs. Repeated daily. State changes fast.

Day 1 — Stabilize the System



Nervous System Regulation

- **Install 1–2 high-payoff regulation drills**
- **Use them frequently (10+ short reps/day)**
- **Keep each session under 2min**



Light & Cortisol Rhythm

- **Morning sunlight: 10–30 min within first hour**
- **Early afternoon sunlight: 10–20 min**
- **Evening sunset light: 10–20 min**
- **Begin reducing bright light at night**



Environment Setup

- **Place reminders where you'll see them**
- **Remove friction to using drills**
- **Prepare for consistency, not intensity**

Lower background threat before trying to fix anything else.

Day 2 — Add Energy (Without Adding Stress)



Morning Activation

- Engage in novel movement or light exercise (e.g., dynamic stretching, a new walking route).
- Focus on coordination, rhythm, or new patterns, not maximum effort.
- Keep intensity moderate to stimulate, not exhaust.



Intentional Hydration

- Drink a large glass of water with electrolytes immediately upon waking.
- Replenish overnight fluid loss to kickstart metabolism and brain function.
- Support natural energy and mental clarity before relying on caffeine.



Target One Mismatch

- Identify your single primary burnout driver (e.g., workload, control, reward).
- Create one small, realistic action plan to address THIS driver only.
- Resist the urge to fix everything at once; focus on a tiny, sustainable win.

Energy first. Alignment second.

Day 3 — Stabilize & Recover

What Stays the Same

- **Nervous system regulation (micro-doses)**
- **Light exposure rhythm (morning, afternoon, evening)**
- **Morning novel movement (light exercise)**
- **Intentional hydration (upon waking)**

Evening Recovery Routine

- **Install a consistent wind-down window (60-90 min)**
- **Reduce stimulation and decision-making before bed**
- **Use downregulation tools (breathwork, vision, grounding)**
- **Optional supplements for sleep / cortisol support**

Burnout Mismatch #2

- **Identify your secondary burnout driver (e.g., fairness, reward)**
- **Make one small, realistic adjustment or boundary**
- **Keep it low-risk and focused for sustainable change**

Recovery isn't passive — it's scheduled.

Day 4 — Simplify & Protect Energy

What Continues

- Nervous system regulation
- Light & cortisol rhythm
- Morning movement
- Evening routine

Energy Leak Audit

Identify 1–2 things that are needlessly expensive:

- Unnecessary meetings
- Overtraining
- Doom scrolling
- Friction-heavy conversations
- Constant context switching

One Intentional Removal

- Remove, shorten, or downgrade ONE energy leak
- No replacements today

Burnout isn't just about doing more right — it's about doing less wrong.

Day 5 — Consolidate & Automate

What You Keep

Consolidate Your Tools

- Choose 1 go-to downregulation tool
- Choose 1 go-to upregulation tool
- Drop other drills for now

Consistency beats variety.

How You Automate It

Anchor to Daily Transitions

- Attach regulation to moments you already have:
- Before meetings
- After training
- Between work blocks
- When you notice reactivity

Build One Automatic Rule

"When X happens → I do Y"

Make it obvious and repeatable.

Effort drops when regulation becomes reflexive.

Day 6 — Support Energy & Hormones



What Continues: Non-Negotiables

- **Morning sunlight**
- **Novel movement or exercise**
- **Intentional hydration**
- **Nervous system regulation (micro-doses)**
- **Evening wind-down routine**



Cortisol Support Tools

Choose one approach based on your needs:

- **Morning support (if energy is low):**
 - **Grapefruit or grapefruit juice**
 - **Licorice root or licorice tea**
- **OR Evening support (if wired at night):**
 - **Downregulation tools**
 - **Adaptogens (if appropriate and advised)**



Blood Sugar Stabilization

- **Eat smaller, more frequent meals**
- **Avoid long gaps without fuel**
- **Support steady energy throughout the day with balanced nutrition**

Stable energy supports a regulated nervous system.

Day 7 — Integrate & Lock It In



Review the Week

- **What worked immediately?**
- **What felt neutral?**
- **What increased friction?**



Choose Your Non-Negotiables

- **Pick 3–5 core tools max**
- **These become daily or weekly anchors**
- **Consciously remove everything else**



Update Your Self-Contract

- **One boundary you'll keep**
- **One behavior you'll stop tolerating**
- **One recovery practice you'll protect**

Consistency beats intensity.

Want This Supported, Personalized, and Locked In?

100-Day Sprint — VIP 1:1 Coaching

- Fully personalized nervous system & performance coaching
- High-touch support and direct access
- Built for high performers who want speed and precision
- Limited enrollment

Enrollment closes before year-end. Pricing increases soon.

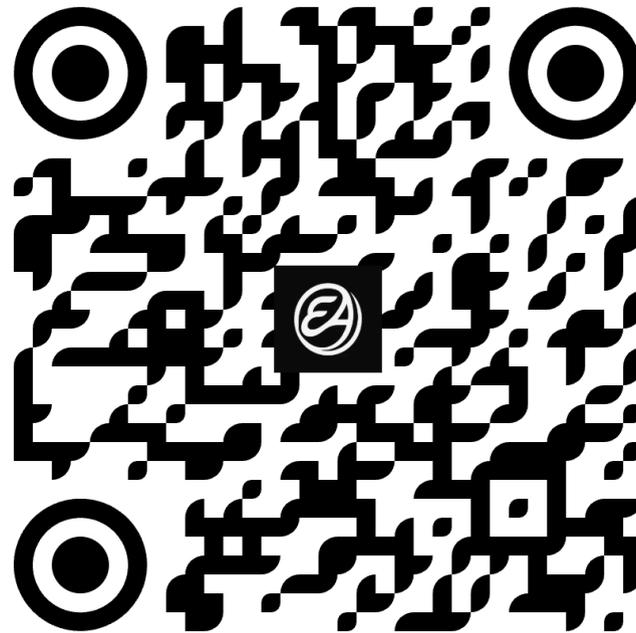
Premium Group Neuro-Training

- Twice-weekly live neuro-training sessions
- Train regulation, energy, pain relief, and flow together
- Full self-study library: applied neurology, performance, recovery
- Community + structure without losing autonomy

Book a Call

We'll talk through what you're dealing with, what fits best, and whether it's a good match.

Scan to book your call



No pressure. No pitch. Just clarity.