



Tips & Action Steps - "Pulled Over, Not Broken Down"

When everything becomes too much, it's okay to pause. You're not broken—you just need to regroup.

Why Pull Over?

Life (and work) can sometimes feel like driving too fast, carrying too much, or navigating without a map. Pulling over isn't failure—it's maintenance. A pause allows you to:

- Prevent burnout
- Clear mental clutter
- Regain perspective
- Refuel your energy

Tips for Regrouping

Step 1: Recognize the Signs

- Constant exhaustion, even after sleep
- Irritability or snapping at small things
- Feeling overwhelmed by minor tasks
- Loss of motivation or creativity

Step 2: Give Yourself Permission to Pause

- Say out loud: "It's okay to pull over. Resting isn't quitting."
- Block 15–30 minutes (or more) just for yourself.
- Shut off notifications, silence distractions, and stop moving.

Step 3: Regroup with Small Actions

- Breathe: Take 3 deep, intentional breaths.
- Move: Stretch, walk, or shake out tension.
- Reset: Write down the one thing that matters most right now.
- Release: Jot worries on paper, then set them aside.

Step 4: Re-enter the Road with Clarity

- Choose your next mile marker (not the whole trip).
- Ask: What can wait? What can I drop?
- Call on support—coworkers, friends, family—so you're not traveling alone.
- Reframe: I'm not broken. I'm recharging for the next stretch.

Quick Actions Toolbox

- 5-minute breathing app
- "Brain dump" notebook
- Short walk outside
- Gratitude list (3 things)
- A glass of water and a stretch break

Remember:

You're pulled over, not broken down.

Pausing makes you stronger for the miles ahead.

The road is still waiting—and so are the people who need you.