



Newsletter

May 2025 Edition

THE SILENT BURNOUT OF WOMEN WHO DO IT ALL!



Behind every strong woman is often a mountain of responsibilities—career demands, caregiving roles, household management, emotional labor, and the unspoken expectation that she must handle it all with grace. But what happens when strength turns silent? When exhaustion is masked by smiles? When “I’ve got this” becomes a quiet cry for help?

This high functioning exhaustion is what we call silent burnout.

<https://journeycw.com>

WHAT IS SILENT BURNOUT?

Unlike traditional burnout that shows up as absenteeism or disengagement, silent burnout creeps in quietly. It's the slow, invisible wear over time, often unnoticed until it feels impossible to keep going. It's women showing up, performing, managing, and caring while feeling completely depleted inside. They're the go-to person at work. The default parent. The friend everyone relies on. The volunteer. The mentor. The fixer. And yet, they often feel they can't stop. Because if they pause, who will hold it all together?





JOURNEY
COUNSELING & WELLNESS

Redefining Strength: Breaking the Silence Around Burnout and Mental Wellness



Being a mother, a wife, a sister, a daughter—these roles are rooted in love, devotion, and deep purpose. They are the threads that weave together our families and communities. But as beautiful as these roles are, they often come with invisible expectations that weigh heavily on our shoulders.

We're expected to show up. To care for everyone else before ourselves. To smile, push through, and keep going—no matter how tired we are, no matter how broken we may feel inside. Society has painted strength as something stoic and unshakable. We're told that being strong means holding it all together, even when we're falling apart.

But the truth is, that kind of strength can feel more like a prison than a superpower.

What happens when the **"power"** starts to weaken? When the weight becomes too much, and we can no longer keep pretending we're okay? The world doesn't always give us permission to fall apart—but hear this: **you don't need permission to rest.** You don't need to prove your worth by overextending yourself. You don't have to be everything for everyone. It's time to rewrite that narrative. The courage to be real, to admit when we're not okay, and to reach out for support—that's what **true healing and power looks like.**

Awaken your heart and reconnect with who you are. Be present with what you feel. Your emotions are not a weakness, but a window into who you've been. Who you are. And, who you're becoming.

Give yourself permission to be open, seen, heard, and held--to be authentically you!

- Take off the cape
- Carve out small moments for yourself each day, whether it's a walk, journaling, or simply sitting in stillness. These are self-nurturing and help restore your energy and bring clarity.
- Reach out to someone you trust—therapist, a friend, a family member.
- Let's begin to break the cycle of silent suffering. Let's redefine strength to include softness. Let's normalize grace, rest, and healing.

It's time for *soft girl season!*

Dr. Sadi' Reid

Connection TIP

Normalize Rest

Rest is not a luxury—it's a necessity. Your worth is not measured by how busy or selfless you are.

Ask for Help Without Apology

Delegating isn't weakness. It's wisdom. Support is part of strength.

Set Boundaries that Protect Your Peace

Say "no" to what drains you and "yes" to your wellbeing.

Acknowledge Emotional Labor

Mental load is real. Track it. Talk about it. Share it.

Check on the Strong Ones

If someone always seems like they've got it together, they might need someone to say: "Hey, are you really okay?"

