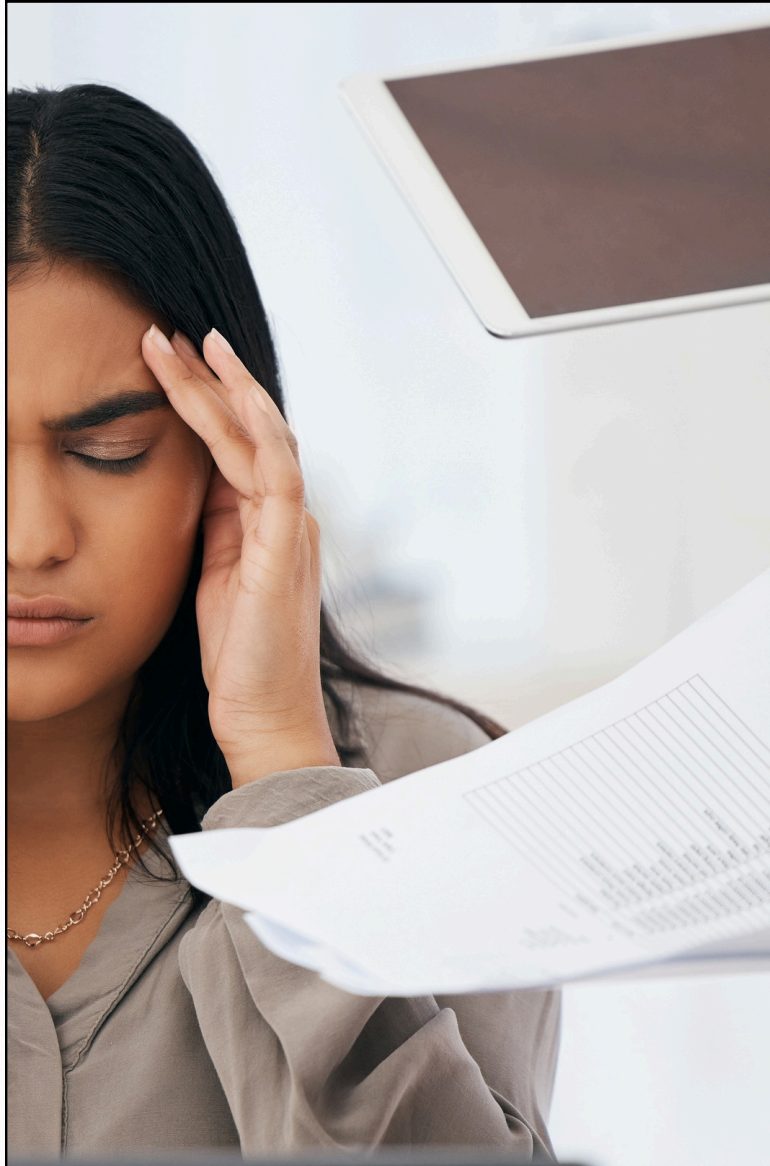


BURNED OUT, BUT STILL GOING: WHY YOU'RE  
EXHAUSTED & HOW TO GET YOUR ENERGY BACK

GAYAWELLNESS.COM



GAYA WELLNESS

# A Functional Guide to Resilience, Hormones, & Restoring Your Drive

*For those who are doing too much, feeling too  
tired, and seeking a better way.*



# A Functional Guide to Resilience, Hormones, and Restoring Your Drive

For those who are doing too much, feeling too tired, and seeking a better way.

## It's Not Just You

If you're always tired, despite getting enough sleep, this guide is for you. You may be holding it together on the outside... showing up for your family, your work, and your responsibilities. But inside, it feels like something's off. You're more irritable. Less motivated. On edge at night, foggy in the morning. You used to push through, but lately? Even rest doesn't feel restorative.

We call this **functional burnout**, and it's more than a buzzword. It's what happens when stress, hormones, metabolism, and nervous system health start working against you instead of for you.

This kind of burnout isn't just about doing too much (though you probably are). It's about your body no longer being able to bounce back from what you're asking of it. The resilience you used to have feels like it's running thin. But here's the good news: It's not permanent. And you're not broken.



# Burnout is real, and it has a *hormonal signature*

Burnout isn't just a mental or emotional state. It often shows up as a physiological shift, an imbalance between demand and recovery.

When you're in chronic stress mode, your body prioritizes survival. Cortisol (your main stress hormone) rises and falls at the wrong times. Your sleep becomes shallow. Blood sugar swings become more frequent. Inflammation starts to smolder. Over time, your thyroid, sex hormones, & even brain chemistry are affected.

## **You may start noticing:**

- Fatigue that sleep doesn't fix
- Loss of motivation or drive
- Brain fog or difficulty concentrating
- Worsening PMS or low libido
- Cravings and weight changes
- Poor recovery from exercise
- A sense that you're "on edge" all the time

These symptoms are often dismissed or misdiagnosed. But in our practice, we see them for what they are: early signs that your system needs support, not shame.

# Why willpower won't save you: ↪

Burnout tends to hit the people who are doing the most: the high-achievers, the caregivers, and the dependable ones. When exhaustion creeps in, your first instinct might be to push harder. More caffeine. More grit. More late-night Googling of supplements that might help.

But here's the truth: **You can't out-supplement or out-discipline a system that's biologically depleted.**

Resilience—the ability to adapt, recover, and stay steady— isn't just a mindset. It's built on hormone health, nervous system regulation, nutrition, and recovery. When those systems aren't functioning well, your body can't bounce back. No matter how strong your mindset is.

This is where our approach to care shines. We don't just ask *what's wrong*. We ask, *why is your body stuck in this pattern—and how do we help it recover?*

LET'S DIVE IN DEEPER >>>





# The Hidden Players In Burnout:

So what's really going on when you feel burned out?

**We look at several core systems that often drive persistent fatigue:**

→ **Cortisol and DHEA:** Are your stress hormones rising and falling in the right rhythm?

→ **Thyroid function:** Even “normal” labs can miss suboptimal function.

→ **Sex hormones:** Low testosterone, estrogen, or progesterone affect motivation, stamina, and sleep.

→ **Insulin and blood sugar:** If your energy crashes mid-morning or mid-afternoon, dysregulated glucose may be involved.

→ **Inflammation and nutrient depletion:** Chronic stress depletes magnesium, B vitamins, and more—robbing your cells of what they need to function.

→ **Sleep quality and circadian timing:** Without true rest, there is no repair.

Our approach? Look at everything—and create a personalized plan that supports recovery from the inside out.

## RESTORING ENERGY AND

# Building Real Resilience

---

In our practice, we support clients who are in this exact place: tired, stretched thin, and ready to feel better.

Our programs may include:

- ✓ **Comprehensive lab testing** (hormones, adrenal function, thyroid, metabolic markers)
- ✓ **Personalized hormone optimization** (including estrogen, progesterone, testosterone, and thyroid support if appropriate)
- ✓ **Functional nutrition** to stabilize energy and support stress recovery
- ✓ **GLP-1 therapy** when insulin resistance or stubborn weight gain is part of the picture
- ✓ **Targeted supplements and peptides** that nourish mitochondrial function, neurotransmitters, and repair pathways
- ✓ **Mind-body strategies** to shift out of survival mode and support nervous system regulation

But more than protocols, we offer something harder to find: **a space where you're heard, supported, and guided by people who understand what you're going through.**



# Here's Your Next Step

If you're feeling burned out but don't know where to start, start here.

This guide is just a beginning. The next step is working with a provider who can test the right labs, listen to your story, and build a plan that makes sense for your life.

You deserve to feel steady. You deserve to feel strong. And you deserve care that sees beyond “just stress” and helps you recover your resilience.

***Let's get your energy back and your life back.***



## WHAT DO WE OFFER?



CONCIERGE ACCESS  
VIA TEXT AND ZOOM



NUTRITION AND  
WEIGHT TRAINING  
GUIDANCE



50+BIOMARKER  
WORK UP



ONGOING  
SURVEILANCE



COMPOUNDED  
MEDICATIONS



REGULAR CHECK INS

... & SO MUCH MORE! )  
↙

MAKE AN APPOINTMENT TODAY!