



Mental Wellness & Burnout: Find Your First Steady Step

A practical introduction to stress, work burnout, and better everyday choices

Understand what you are facing, then choose a useful next step.

SHAD EDDIE MONGRUE

Free preview edition · pages 1–2

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01

Why This Shelf Matters

Stress can crowd your thoughts, strain your connections, and make ordinary tasks feel harder. A clear starting point can help you notice what is weighing on you and choose what to do next.

- ◆ 62%¹ of U.S. adults reported societal division as a significant source of stress.
- ◆ 54%¹ felt isolated, while 50%¹ felt left out and 50%¹ lacked companionship often or sometimes.
- ◆ Among adults stressed by societal division, 83%¹ reported a physical stress symptom, compared with 66%¹ of others.
- ◆ Burnout has a specific work-related meaning, so learning the definition can help you use the term clearly.^{2,3}

You do not need perfect words for what you feel. Start by noticing what is taking your energy and what makes the day more manageable. If work is part of the strain, understanding burnout can give you a clearer way to describe it. This book is educational, not medical advice. When stress feels heavy, tell someone you trust what you are noticing. Next, you will turn that awareness into one small action.

INSIDE THIS BOOK

Try a quick reflection exercise, explore plain-language ideas about burnout, and build a simple starter plan. You will also look at ways to protect your time and make thoughtful everyday choices.

02

Your First Quick Win

Take a short pause and make your stress easier to see. This exercise helps you choose one manageable action for today, without trying to solve everything at once.

- ◆ Write down what is taking up the most attention right now, using words that feel natural to you.
- ◆ Sort each concern into work-related, personal, or outside your control today.
- ◆ Choose one concern you can influence without adding a major task to your day.
- ◆ Write a small action that could make it clearer, lighter, or easier to handle.
- ◆ Pick a time to try that action and note what information or support would help.

Keep your notes private if you prefer. The point is not to fix every problem in one sitting. You are practicing how to separate a concern from a next step. If work is involved, think about whether a clearer request or boundary could help. If the issue is outside your control, decide what you can do instead, such as asking someone you trust to listen. Next, you will get a clear way to understand burnout at work.

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You've read the free pages. Here's what the rest of this book covers:

- 3 Burnout, Made Clear
- 4 Seven Days to Reset
- 5 Learn, Earn, and Choose Well
- 6 What You Gain at Last

BY THE END OF THIS SHELF, YOU WILL

- ◆ Understand the WHO's work-specific definition of burnout.
- ◆ Separate education about burnout from a medical diagnosis.
- ◆ Sort concerns and choose a manageable next step.
- ◆ Practice clearer reflection and communication.
- ◆ Make thoughtful choices about wellness resources and spending.

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Sources for the free pages

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- 1 **American Psychological Association (APA)**, 2025 Stress in America (2025). <https://www.apa.org/pubs/reports/stress-in-america/2025>
- 2 **World Health Organization**, Burn-out an "occupational phenomenon". <https://www.who.int/standards/classifications/frequently-asked-questions/burn-out-an-occupational-phenomenon>
- 3 **World Health Organization**, Burn-out an "occupational phenomenon": International Classification of Diseases (28 May 2019). <https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>