

Week 6: When the Well Runs Dry

Day 2: Why Survivors Burn Out Faster

Listen with Tay: Tay will record this day's reading herself.

Scripture: "He gives strength to the weary and increases the power of the weak." (Isaiah 40:29)

People with trauma backgrounds burn out more easily, and it is not because they are weaker. It is because they started the race already exhausted. They lived in chronic stress, so the nervous system was overloaded from childhood. They never learned healthy rest, because rest was unsafe or unavailable. They over function to stay loved, and people pleasing drains energy like a slow leak. They became emotional caregivers, filling roles they were never meant to fill. Hypervigilance burns mental fuel all day long. They ignore their own needs because survival taught them to push through pain.

Burnout is not surprising in a survivor's body. It is expected. Like a roof leaking after years of storms, it is not the roof's fault. It is the weather's.

So stop asking what is wrong with you. Ask what has been too much, for too long, with too little rest. That question leads to healing. The other one only leads to shame.

Gentle prompt: Which drain fits you best: never resting, over giving, carrying others' emotions, or staying hypervigilant? Write it down without self blame.

Prayer: Lord, I see now why I burn out faster, and it makes sense. I have been running on an empty tank for years. Thank You for strength for the weary. I am weary, and I am Yours. Amen.