



HAP THERAPY CARE

Is What You are Feeling Anxiety or Burnout?

Take This 2-Minute Quiz



2-Minute Self-Check

For each statement below, answer Yes or No based on how often this has been true for you in the recent past.

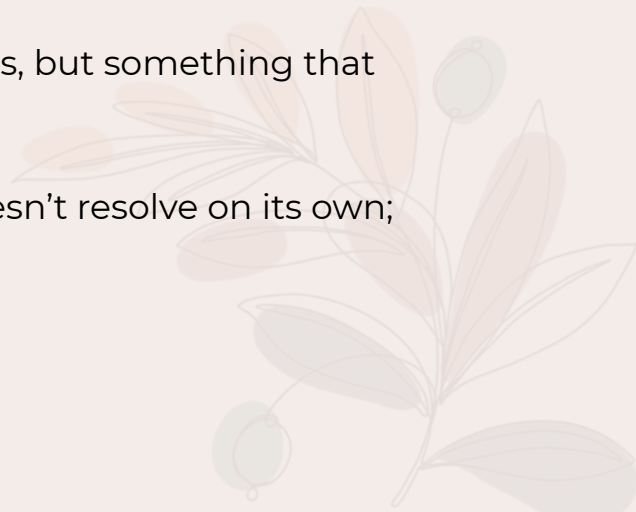
- Your mind keeps running, even when you try to relax - Yes / No
- You find yourself overthinking small things repeatedly - Yes / No
- You feel a sense of worry or unease without a clear reason - Yes / No
- You replay conversations or situations in your head - Yes / No
- You feel mentally or emotionally exhausted, even on lighter days - Yes / No
- You get irritated or overwhelmed more easily than before - Yes / No
- You feel emotionally distant from yourself or others - Yes / No
- You feel like you're going through the day on autopilot - Yes / No
- Rest doesn't fully restore your energy - Yes / No
- You feel like you're handling everything on your own - Yes / No

What Your Answers Say?

- More "Yes" in 1–4: Your experience is likely leaning toward anxiety (overthinking, mental restlessness)
- More "Yes" in 5–10: This points more toward emotional burnout (exhaustion, disconnection)
- "Yes" across most questions: You may be experiencing both together, which isn't unheard of and can be addressed.

If 5 or more felt true, this isn't just temporary stress, but something that needs attention.

If you have been feeling this way for a while, it doesn't resolve on its own; rather, it tends to build quietly over time.





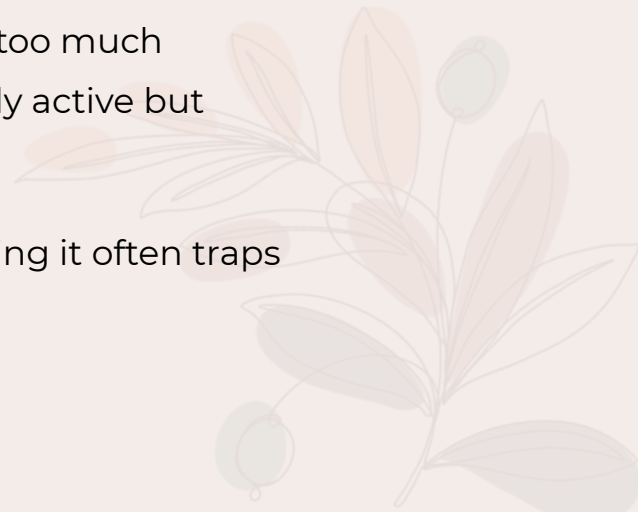
Sometimes it's not just stress

Sometimes your mind is racing while your body is running on empty.

What Does This Mean in Practical Terms?

- Anxiety feels like a mind that doesn't slow down
- Burnout feels like a system that has taken in too much
- When both are present, you may feel mentally active but emotionally exhausted.

Trying to push through this without understanding it often traps you in this vicious cycle.



Why Does This Often Go Unnoticed?

You may have learned to manage things quietly, to cope, adjust, and move forward without pausing too much.

And over time:

- Overthinking starts to feel normal
- Emotional exhaustion gets ignored
- Asking for support feels unnecessary or gets delayed

So what you are experiencing may have been building for a while, without being clearly recognised.

What You Can Do Next

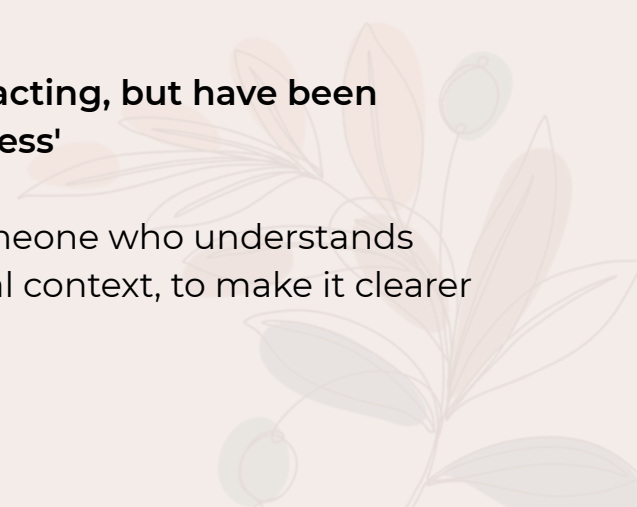
If you recognised yourself in this, the next step is not to wait and panic, but to get clarity.

That means:

- Understanding if you are dealing with anxiety, burnout, or both
- Identifying what is driving these patterns
- Learning how to break the pattern & respond differently, instead of just managing symptoms

Many at this stage realise that **'you aren't overreacting, but have been carrying more than you have had space to process'**

So it is important to reach out and work with someone who understands both your emotional experience and your cultural context, to make it clearer and easier to navigate.



If This Feels Familiar...

Then it is likely you have been carrying more than you have had space to express.

You don't need to explain everything perfectly before reaching out. You just need a space where you can be understood, as you are.

You can book a consultation or start a conversation when you are ready.

