

POWER OVERDRAW & MENTAL HEALTH

What Is Power Overdraw?

Unlike burnout, which is often framed as individual overwork, Power Overdraw speaks directly to the collective exhaustion caused by being over-relied on, under-supported, and expected to perform strength as a default. It is the result of being denied the rest, resources, or recognition.

Do Any Of These Sound Familiar?

- ☐ I feel like I can't let my guard down anywhere
- ☐ I wake up tired, even after sleep
- ☐ I am afraid that if I stop pushing, I'll fall behind, or be forgotten
- ☐ I feel like I can't relax unless I've "earned" it
- ☐ I have been praised more for what I endure than for what I enjoy
- ☐ I feel like I have to constantly "code-switch" or overperform to be safe or accepted

What Kind Of Rest Do You Actually Need?

Physical Rest Signs:

- Your body feels heavy, sore, or constantly tense
 - You're relying on caffeine to push through the day
- Ask yourself: When's the last time I let my body rest without multitasking or guilt?*

Emotional Rest Signs:

- You feel like you're everyone's go-to person but have nowhere to offload
 - You're smiling through pain or pretending to be "fine" when you're not
- Ask yourself: Have I given myself permission to feel everything I'm actually feeling?*

Mental Rest Signs:

- Your mind races at night or during downtime
 - You struggle to focus even on simple tasks
- Ask yourself: What's taking up the most mental space for me right now?*

Sensory Rest Signs:

- You feel overstimulated by screens, noise, or people
 - You're easily irritated in busy or loud environments
- Ask yourself: Have I given myself a moment today without any screens, sounds, or input?*

Creative Rest Signs:

- You feel uninspired, stuck, or like you're forcing ideas
 - You dread things you used to enjoy doing
- Ask yourself: When was the last time I played, explored, or created without a goal?*

Spiritual Rest Signs:

- You feel disconnected from your purpose, joy, or sense of meaning
 - You're going through the motions but feeling numb or hollow
- Ask yourself: What helps me feel grounded, connected, or part of something bigger than me?*

Daily Reframe Affirmation

I'm not tired because I'm weak, I'm tired because I've been pouring without replenishing. I deserve restoration, not just recovery.

Rest Audit

Drains Me

Restores Me

Circle ONE item from the restore column.
Commit to doing it today. Small steps count!

Want more tools like this?

Follow Dr. Raquel Martin on social media
@RaquelMartinPhD for daily mental health insights,
affirmations, and resources.

Listen to the Mind Ya Mental Podcast for deeper
conversations on Black mental health and healing.

Your healing journey deserves support, let's walk it
together.



Dr. Raquel Martin

*You can't address what you don't acknowledge. You can't
acknowledge what you don't recognize. And you can't recognize what
you haven't been educated to see.*

DR. RAQUEL MARTIN