

Hustle Culture Lied to You

What your brain actually does when you push through – and why it stops working.



You were taught that the harder you push, the further you go. That rest is a reward, not a requirement. That discomfort is weakness leaving the body. High achievers absorbed this early and built entire identities around it.

The problem is your brain never got the memo.



Under chronic stress and overdrive, your prefrontal cortex – the part of your brain responsible for decision-making, creativity, and self-awareness – begins to go offline. Your amygdala takes over. You shift from strategic thinking to survival mode.

You're not less capable. You're running on a depleted system.



In the Absolutely Balanced Framework this lives at the intersection of Soulful Truth and Balanced Rhythm. When you've been in overdrive long enough, you lose access to both. You can't hear your truth because the noise is too loud.

You can't find rhythm because you've forgotten what rest feels like.



Burnout is not a personal failure. It is a physiological signal. Your body telling you that the strategy stopped working long before you were willing to admit it.

The path forward isn't pushing harder. It's building differently.



If you've been telling yourself you just need to get through this next thing – this is your sign to  and read that sentence again.

Start with a Pilates class – in New Haven or virtually.
Or go all in. Join me at Finding Your Next – Canyon Ranch Lenox, November 5-8, 2026.
Eleven people. The full framework. Lived out together.