

WHEN BURNOUT HITS...

The recipe for burnout
and how to avoid it.



Introducing the recipe for burnout...



Here's a revelation for you – a lot of the time burnout is NOT caused by working or doing too much. A colleague once said to me, "there's nothing wrong with hard work, if you're dangling that big juicy carrot (aka reward) in front of your very eyes. But if your approach is to drive your success by beating yourself with a stick you're swiftly heading for burnout."

"Forget beating yourself with a stick, it's all about the big juicy carrot"

Ultimately, burnout is caused by the fuel you are using to drive the things that you do. Sometimes it can be hard to identify your fuel, especially if you are the 'type' who is passionate about all you put your mind to. So here are some signs to look out for, to ensure you're heading for success over stress.

Five key ingredients...



1. You're a 'yes' person

Why do we say 'yes' to people all the time?

Generally speaking, it's because there is an underlying belief or fear that we will be seen as 'failing' or 'not good enough.' "Oh if I don't achieve everything that is thrown my way then it shows I am not capable."

But I have a revelation for you here. You are NOT superhuman. You are a standard, ordinary human. Sorry about that.

You will be unique and extraordinary in your own way but when it boils down to it you are an ordinary human capable of human things.

**"You are NOT
superhuman. You
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Sorry about that."**



When saying yes leads to likes...



The other question to ask yourself is: “how important is it to me, that this person likes me?” “How important is it that I am not judged or rejected by this person?”

Quite often, the inability to say no to people stems from a deep desire to please people. And the reason we do that my friends, is so that they can feel happy and like us as a result.

But here’s another newsflash for you. Firstly, you will never be liked or respected by everybody. And the beauty of your awesomeness as a human being is exactly that. The quirks and characteristics that make you loved by one person, are exactly the quirks and characteristics that makes others turn the other way.

You are a peach my friend. Some people love you, others not so much. Others would rather go for a nectarine (boring, I know).

"You are a peach my friend. Some people love you, others not so much. Others would rather go for a nectarine."

Say no to the extra baggage...



"You are responsible for your own baggage. That's quite enough for one person."

The final thing to recognise here is that other people's emotions, and responsibilities, are not your responsibility.

You are responsible for your own baggage. That's quite enough for one person. If they want to pass their 'baggage' onto you, then you need to find your way of politely handing it back – thank you very much!

There are lots of things you can do to train your brain out of this sneaky little habit, and there is a lot more I could say on the subject, but for the meantime, just absorb these words and really think about what it means to approach life from this different viewpoint.



2. Nothing is ever enough



Yes, it's very easy to focus on ALL the things you haven't done, because life – whether work, family, career building – gets busy.

BUT, when this becomes your life, you are training your neurology (in a way that is only going to cause problems later down the line.

I see a lot of people with burnout who are very good at perfectionism.

Let's be clear here, it's absolutely fine to have high standards – there is nothing wrong with that – but you need to make sure you are recognising and celebrating the things you HAVE achieved.

"It's very easy to focus on ALL the things you haven't done, but you need to recognise and celebrate the things you HAVE achieved."



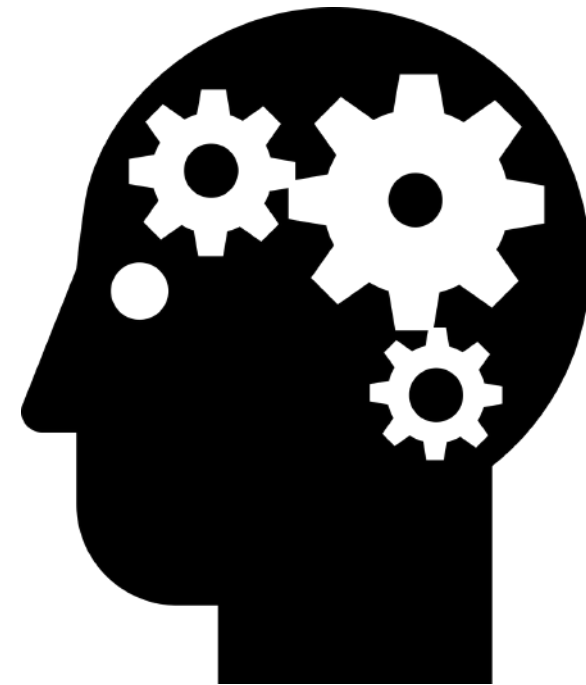
Time out: What is neurology?



'Neurology' relates to our nervous system, which is essentially a communication system of nerves that send messages between the brain and body.

The more we 'exercise' specific thoughts, the more we train our nervous system to release the chemicals that go with those thoughts i.e. anxious thoughts will trigger 'anxious' chemicals like adrenaline and cortisol.

If we train our brains consistently enough, these chemicals will become an automatic part of our functioning, with a significant impact on our health, wellness & ability to perform.



Turning perfectionism around...



A lot of people who reach burnout stage can be very skilled at beating themselves up for what they HAVEN'T done.

But you are NEVER going to get through all the work that is on your plate. And you are NEVER going to be 100% perfect at everything you do.

"You are NEVER going to be 100% perfect at everything you do."

Question:

What would life be like if you saw every mistake & 'failure' as an awesome opportunity to learn; to refine and improve?



3. Work takes priority over EVERYTHING.



Now I know I said working hard alone does not cause burnout, but you absolutely CANNOT achieve your goals and remain intact if you sacrifice your own needs for everything else.

Again, you're training your neurology in a way that says to your body "I don't care about you" and that only reinforces negative patterns of psychological wellbeing and health.

How are you going to the best there is when you're falling apart from the inside?



Yes there will be times when work has to take priority. But this shouldn't be a lifelong pattern. If work is all you have, you're heading for trouble.

Building in even just an hour a day or one day a week where you can take time for you, spend time with friends, family etc isn't just important, it's essential.

4. The belief that everything is HARD.



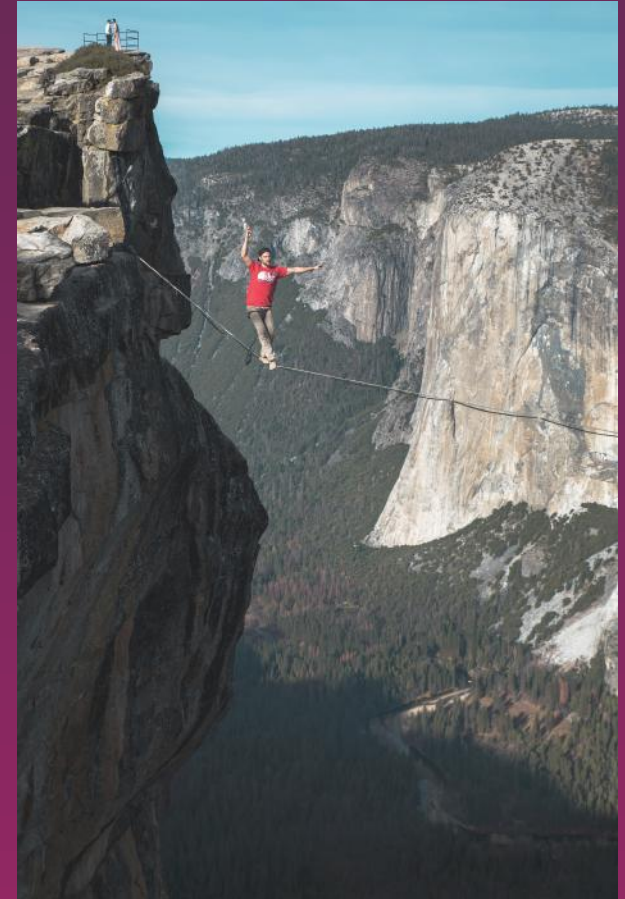
When you've reached this point, I can almost guarantee that the joy will have been sucked out of everything you are doing – there is certainly no carrot in life!

Key identifiers of this, easily hidden but very damaging, belief are phrases like "I'll deal with that later," or "I can't be bothered".

The assumption being it's too complex/too much effort to think about/respond to in that moment). Huffing is another non-verbal cue that you're processing everything as hard!

Typically the pattern that makes up this belief system is a lovely mix of complexity and overwhelm, with a good dose of procrastination.

If you're guilty of any of these things, there's a good chance you have an underlying belief that 'everything is hard.'



Is it really that hard?



**"There is no such
thing as a hard
day until you add
a mind to it."**

Brooke Castillo

Brooke Castillo once said, 'there is no such thing as a hard day, until you add a mind to it.' Soooooo true.

Whether something is considered 'hard' or not is only ever down to the thoughts you assign to that piece of information. It is never representative of the task itself.

Take that in for a moment, and think about how much life would change if you viewed everything as easy.

Just like the ease with which you open your morning mail, approaching every task from this place of ease and simplicity.

How lovely would life be then?



5. 'Should' is your buzzword



"Should: a word used to indicate obligation, duty or correctness, typically when criticising someone's actions."

Ah, the classic should. 'Should' is a prime example of how the words we speak shape our lives.

The reason for this, is because the words we speak, represent underlying belief systems that we simply are not aware of. So what's the deep and murky belief system lying behind the 'S word'?

If we start by looking at what 'should' actually means, Google's definition of the word goes as follows: "a word used to indicate obligation, duty, or correctness, typically when criticizing someone's actions."

Hmmm. Let's pull that last bit apart for a moment. "typically when criticizing someone's actions."



The constant critic...

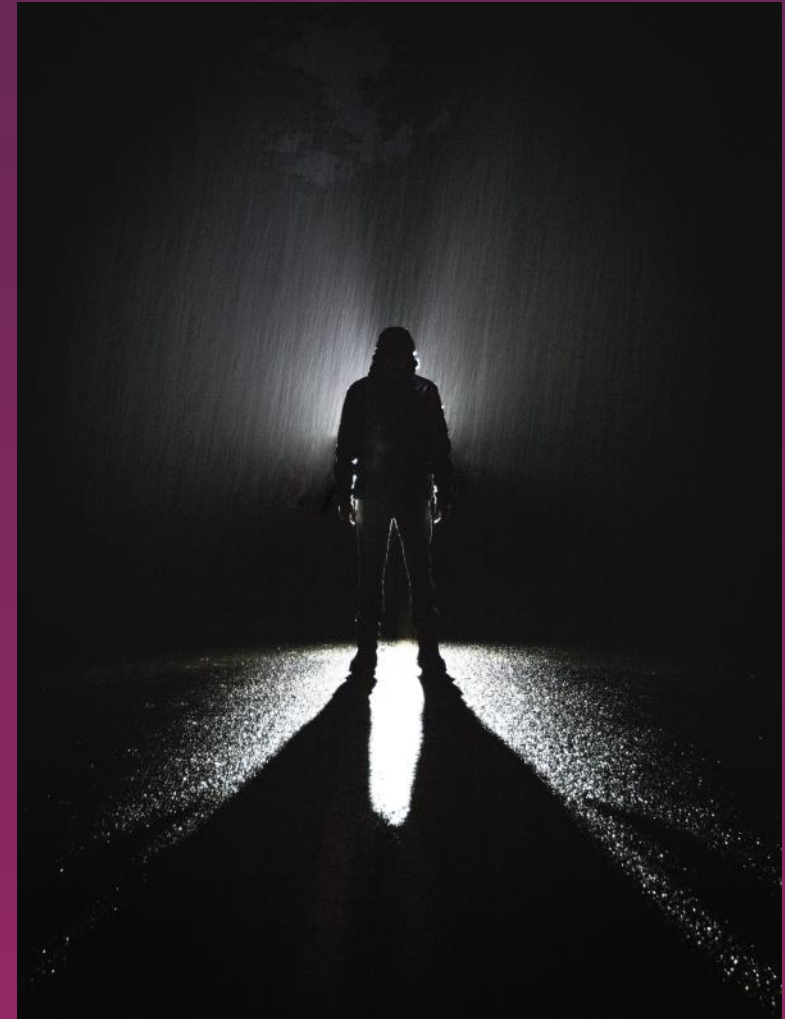


If we are continuously referring to the word 'should' in the context of our own actions and behaviours, what are we telling ourselves? Ultimately, that nothing we ever do is enough.

Oh – the perfectionist is back. I've made my point on that so I'm not going to say any more on the subject.

Start to become aware of your own language and when that sneaky little 'S word' crops up, find a replacement that is much nicer for you and your lovely brain.

Perhaps it's something as simple as replacing the word 'should' with 'want.' Or maybe it's about scrapping the sentiment altogether and focusing on what you have already achieved in the work you have done.



Rounding up...

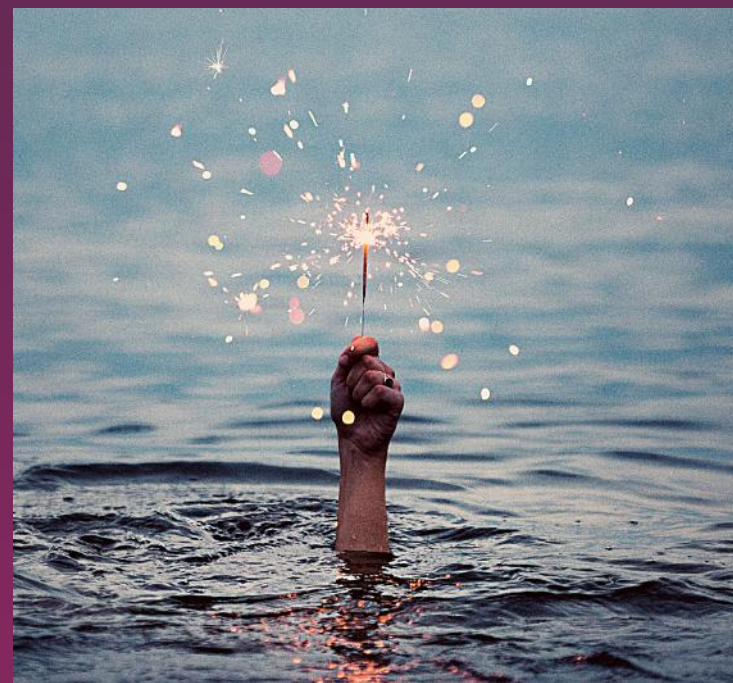


So there we have it. Five key ingredients for a high quality burnout.

If you find you are skilled at not just one, but two, three or more of these no need to panic. There is ALOT you can do to turn it around and fuel your passion in all the right ways.

Ultimately, you CAN be the success you want to see in your life whilst keeping your health intact - even better than that; thriving!

It's the journey I made personally and that's why I'm here sharing this with you and all of my lovely clients.



Final words...



"Own your brilliance, while owning your imperfections."

This was a quote that recently inspired me and it really captures the essence of this e-book. Ultimately, you have everything you need to succeed and thrive.

If you can really own your brilliance whilst owning your imperfections, there is only ever going to be room for success.

So go out there, be fully and completely you, and watch your health, your career and your life thrive.



ABOUT LAUREN...

I'm a health & performance coach, and my mantra is that you absolutely CAN be the success you want to see in the world, without sacrificing your health.

With a background in marketing; the early stages of my career were filled with ambition and drive, but life events alongside a chaotic worklife led to burnout. I was eventually diagnosed with a chronic illness; at that point fighting sick days at work and becoming increasingly housebound. I was told to go on 'life-long' medication. But I turned it around; ditched the prescription and got my health, career, and life back on track.

Now I work with other passionate and driven individuals to help them excel in their career whilst thriving in health.

Passion does not have to cost you your health, and chronic issues do not always have to be lifeong.



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Helping you get your OOMPH back

