



**FLURISH
WELLNESS**

HAPPY HEALTHY LIVING

Avoiding Burnout Before You're Already Burned Out

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About Me



- Founder of Flurish Wellness
- Certified Integrative Nutrition Health Coach and in Positive Psychology & Registered Yoga Instructor, INHC, AADP, ERYT-200
- Specializes in Preventative Health, Longevity, & Well-Being
- Corporate Wellness Expert

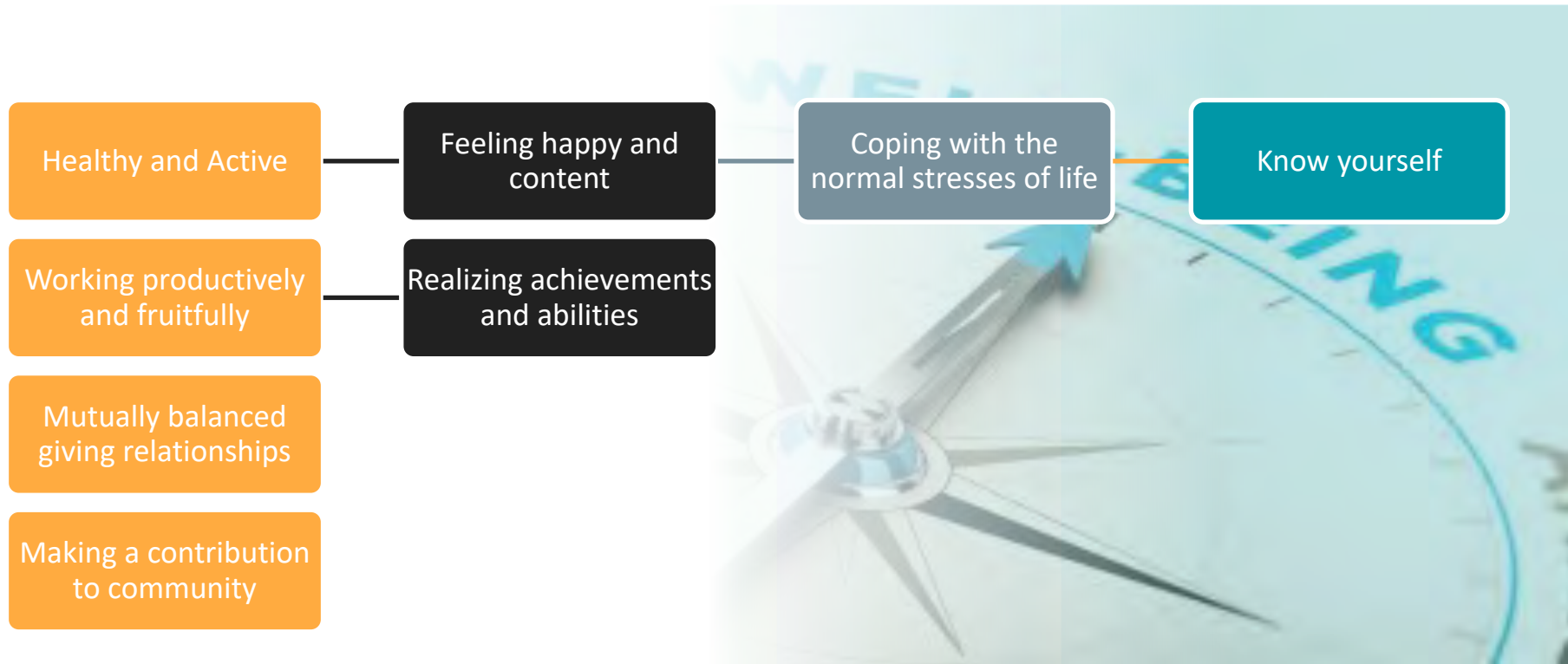


One Minute Meditation

Before we start, lets relax ...



Well-Being: Definition



Challenges

- ◆ Working Long Hours
- ◆ Lack Of Energy & Focus
- ◆ Irregular, Work, Personal & Eating Schedules
- ◆ Not Enough Time
- ◆ Not Sure Where to Start
- ◆ Information Overload
- ◆ Lack of clarity in expectations



How to “Support Yourself”

- ◆ Create a Daily Schedule / Routine
- ◆ Integrating Regular Self Care
- ◆ Deep Breathing, Relaxation & Mindfulness
- ◆ Maintaining Good Sleep Hygiene
- ◆ Regular Meal-Times & Healthy Eating
- ◆ Incorporating Movement
- ◆ Taking Breaks, Time Off & Unplugging



Healthy Lifestyle Benefits

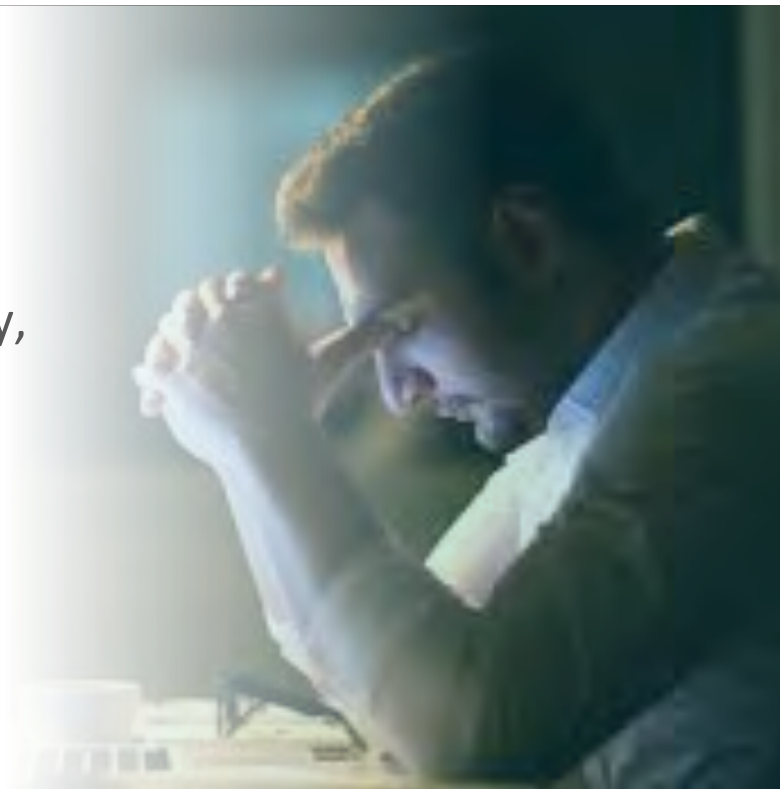




Burnout

What is Burnout?

- ◆ A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.
- ◆ Reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful.
- ◆ Leads to poor life and work decisions as balance is undermined.



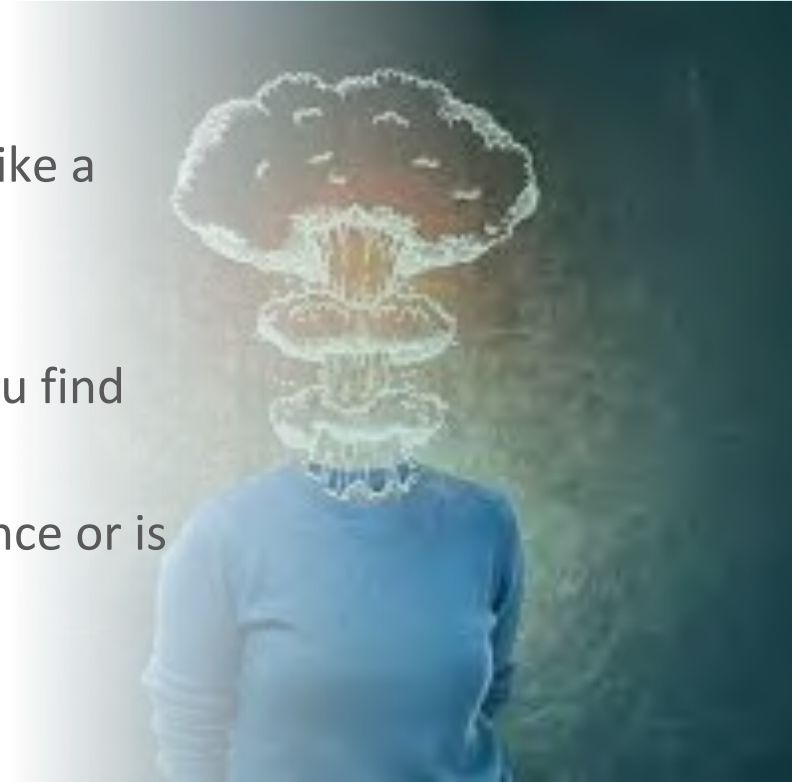
What is Burnout?

- ◆ Eventually you may feel like you have nothing more to give.
- ◆ The negative effects of burnout spill over into every area of life – including your home, work, and social life.
- ◆ Can cause long term changes to your body and make you more vulnerable to illnesses like colds and flu.



Are you on the path to Burnout?

- ◆ Every day is a bad day.
- ◆ Caring about your work or home life seems like a total waste of energy.
- ◆ You're exhausted all the time.
- ◆ The majority of your day is spent on tasks you find either mind-numbly dull or overwhelming.
- ◆ You feel like nothing you do makes a difference or is appreciated.
- ◆ You easily snap or get angry.



Causes of Burnout

Work-Related Causes of Burnout

- Feeling like you have little or no control over your work
- Lack of recognition or reward
- Unclear or overly demanding job expectations
- Doing work that's monotonous or unchallenging
- Working in a chaotic or high-pressure environment

Lifestyle Causes of Burnout

- Working too much, without enough time for socializing or relaxing
- Lack of close, supportive relationships
- Taking on too many responsibilities, without enough help from others
- Not getting enough sleep
- Raising a family

Causes of Burnout

Personality Traits Can Contribute to Burnout

- Perfectionistic tendencies; nothing is ever good enough
- Pessimistic view of yourself and the world
- The need to be in control; reluctance to delegate to others
- High-achieving, Type A personality



The Difference Between Stress & Burnout

Stress	Burnout
Characterized by over-engagement	Characterized by disengagement
Emotions are over-reactive	Emotions are blunted
Produces urgency and hyperactivity	Produces helplessness and hopelessness
Loss of energy	Loss of motivation, ideals, and hope
Leads to anxiety disorders	Leads to detachment and depression
Primary damage is physical	Primary damage is emotional
May kill you prematurely	May make life seem not worth living

Time to Act

- Trying to push through the exhaustion and continuing as you have will only cause further emotional and physical damage.
- Its time to pause and change direction by learning how you can help yourself overcome burnout and feel healthy and positive. **The “Three R”s:**
 - **Recognize** – Watch for the warning signs of burnout
 - **Reverse** – Undo the damage by seeking support and managing stress
 - **Resilience** – Take care of your physical and emotional health



Emotional Health Especially Now

- During the pandemic, grief over the loss of normalcy, concerns about health and financial security, and the challenges of navigating confinement and isolation – or the lack of ability to find quiet time alone – are additional factors that can exacerbate stress.
- Pushing back against emotional exhaustion requires a combination of three approaches: reducing the drain on your emotional resources, learning to conserve them, and regularly replenishing them.



Push Back Against Emotional Exhaustion

- **Step 1 - Reducing the Drain:** Recognizing the circumstances (situations, tasks, relationships) that deplete you, then limit your exposure to them.
- **Step 2 - Learning to Conserve:** Learn to operate with greater emotional efficiency. Emotion regulation techniques, such as recognizing and acknowledging your feelings and reappraising stressful experiences.
- **Replenishing Your Fuel:** Make sure that you refuel – emotionally (fun, fulfillment), physically (exercise, diet, sex) and mentally (rest, meditation, sleep)



5 Things to Do If You Are Experiencing Burnout

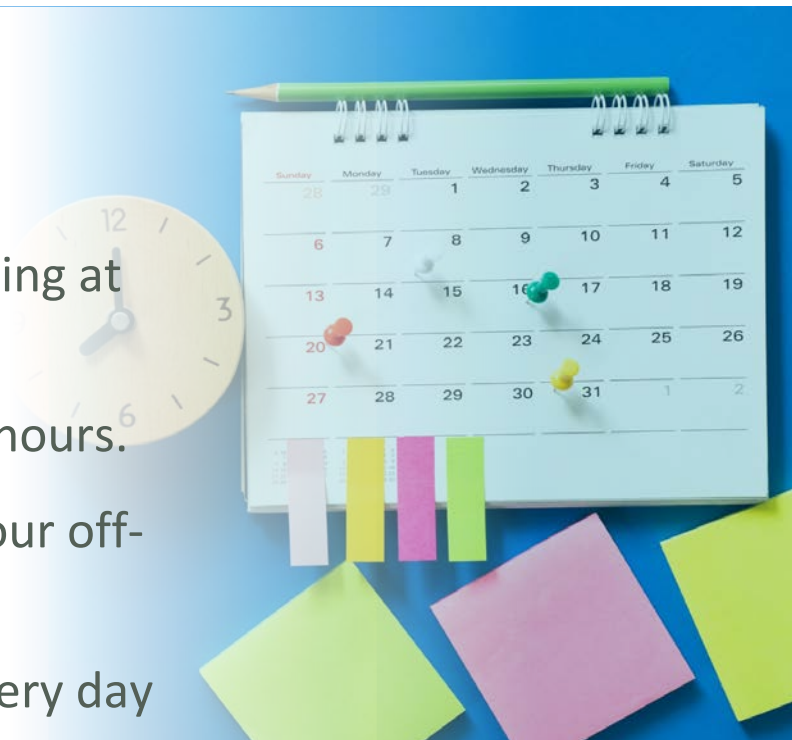
- 1 Set Boundaries
- 2 Prioritize sleep
- 3 Pursue a passion
- 4 Practice daily mindful meditation
- 5 Get away from electronics every day!



Strategies for Self-Care to Manage Life's Daily Stressors

Stick with a Schedule

- Maintain a regular routine.
- Stay focused on your goals.
- Treat your workday similarly to when working at an office or organization.
- Separate your day into work and personal hours.
- Set boundaries with family members for your off-limits work time.
- Get off electronics for a consistent time every day



Develop a Morning & Evening Routine

- A consistent morning & evening routine has been shown to “anchor underlying biological rhythms,” and help adults ease the transition between wake and sleep, fall asleep faster, and sleep soundly through the night.
- So for the sake of consistency and a less stressful morning and night, find a routine that works for you — and stick with it.
- Integrate technology free self care activities into your mornings and evenings.



Human Connection

- Physical connection with those you are staying at home with – utilize the power of touch – hugging and cuddling
- Connect with colleagues & friends with phone & video calls and meetings.
- Limit use of social media!!! Phone someone for chat.



Disconnect / Unplug!!

- Avoid too much news & information.
- Avoid too much television, cable, Netflix etc.
- Avoid too much social media and misinformation.
- Avoid negative people.



Be of Service – Acts of Kindness

- How can you support your partner, children, family members, friends and colleagues.
- How can you support neighbors and the community.
- Ask for support when you need it.



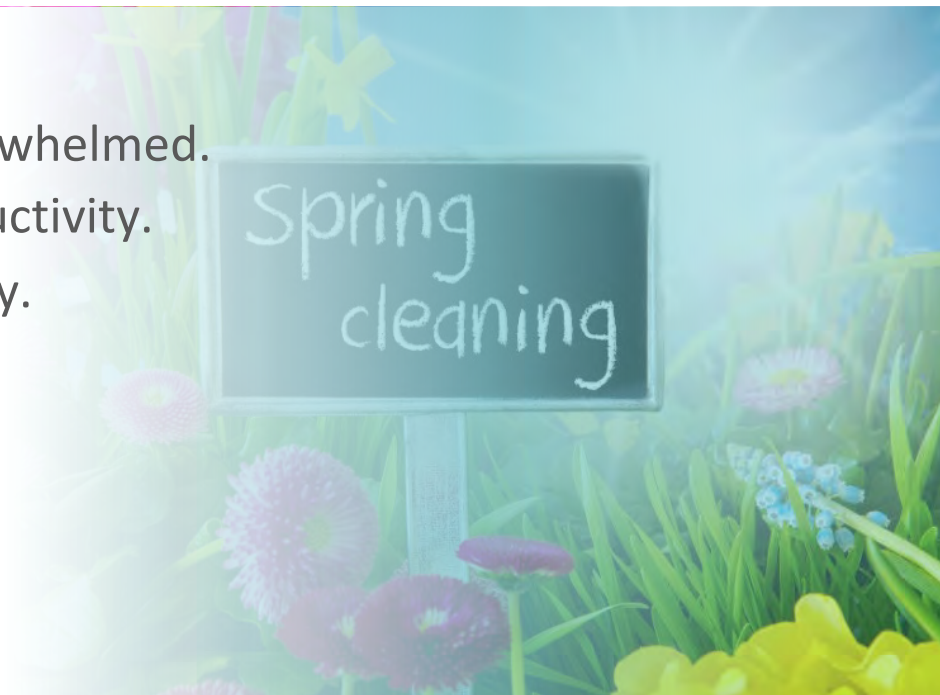
Learn Something New

- Learn new skills
- Continuing education for mental growth and expanding horizons.
- Try something new you've always wanted to do.
- Read books – join a virtual book club / group.
- Don't trust social media as your source of knowledge!!



Clean and De-Clutter

- Helps with focus and feeling less overwhelmed.
- Organization leads to increased productivity.
- Frees the mind for increased creativity.



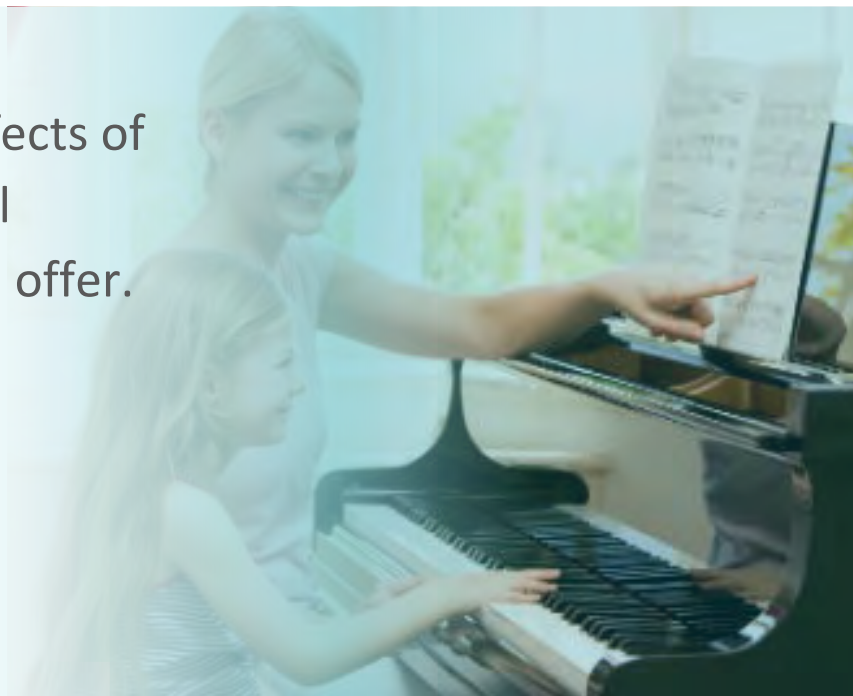
Play Games

- Card games, word games, board games . . . in person or online.
- Outside games like soccer, basketball, badminton, croquet, volleyball, kite flying.
- Games are another great way to foster connection with others and occupy your attention with something fun.



Make Art, Engage in Hobbies & Interests

- Take advantage of the positive health effects of getting into a state of “flow”: that blissful concentration that creative practices can offer.
- Music, Knit, Draw, Paint, Write, Read, Woodwork, Garden, Cook & Bake



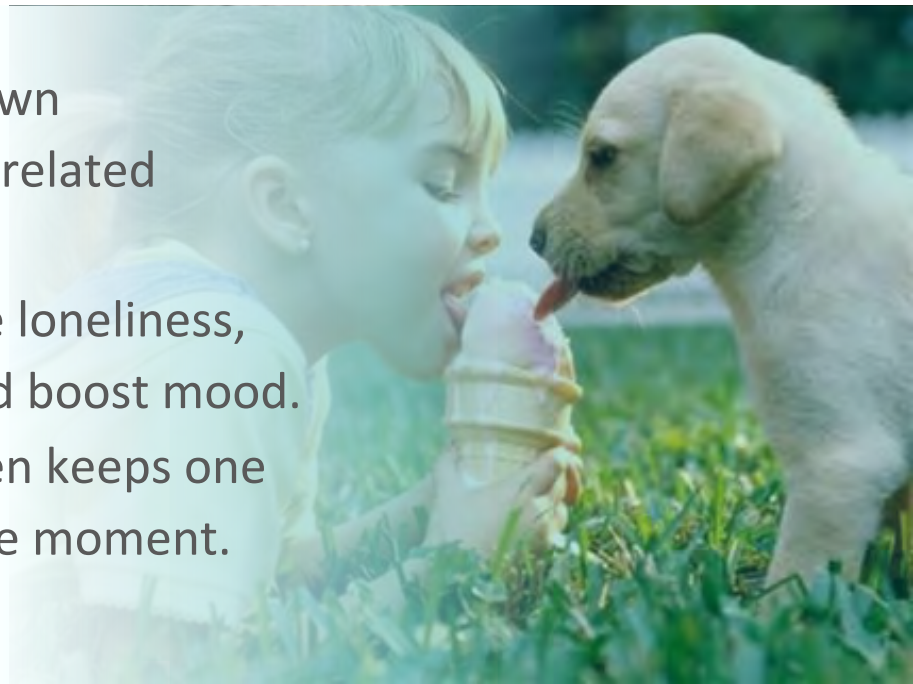
Sing, Dance & Listen to Music

- Music lifts spirits and touches our soul
- Releases endorphins and improves mood
- Having fun at home anytime
- Attending concerts and going out to dance



Spend Time with Pets and Children

- Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure.
- Studies found that animals can reduce loneliness, increase feelings of social support, and boost mood.
- Spending quality playtime with children keeps one feeling young, alive and engaged in the moment.



Invest in Experiences over Accumulating Stuff

- Buying things and the relentless pursuit of stuff leads to the constant need to fulfill short term happiness.
- Investing in experiences produces fond memories that last a lifetime.



Take a Road Trip & Be a Tourist Where You Live

- Explore, go places - multiday adventure through national parks, majestic day trips to State parks. There are road trips that provide plenty of opportunities for every kind of traveler to properly explore.
- You may feel like you know your city inside and out – but trust me, there's always something new to learn.

Important - Slow Down

- Stillness and Self-Reflection
- Mindfulness Meditation
- Gratitude and Prayer
- Reading
- Spend Time in Nature
- Savor the Moment
- Breathe



Think Positive

- A Positive Outlook along with three other traits — resilience, focus, and generosity — are skills that can markedly improve our quality of life during good times and bad.
- Use Daily Affirmations



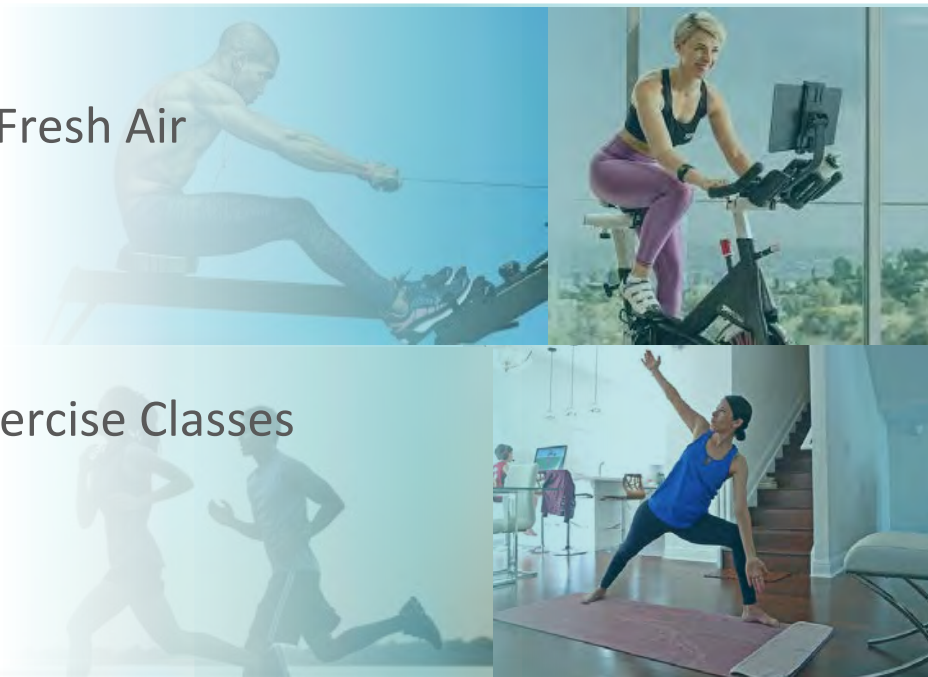
Rest – Sleep

- Relax, Restore
- Stay Off TV, Social Media & Email
- Night Routine – Practice Good Sleep Hygiene
- Get Sufficient Sleep Each Night – 7 to 8 Hours



Move Daily

- Take A Walk Break – Get Outside for Fresh Air
- Aim For 5K to 10K Steps A Day
- Stand When On The Phone
- Take Stretch Breaks
- YouTube, Zoom and Online Virtual Exercise Classes



Eat Healthy

- ◆ Healthy Fats, Proteins, Lots of Fiber & Greens
- ◆ Meals, Not Snacks
- ◆ Eat Real Food – Minimize Packaged Processed Foods
- ◆ Make Time for Meals with Family & Friends – Eat Mindfully
- ◆ Drink Plenty Of Water and Warmer Fluids



SELF-CARE IDEAS



Bake your favorite treat!



Have a laugh!



Learn something new!



Color!



Play a board game with a friend!



Listen to music or your favorite podcast!



Travel & explore new places!



Treat yourself!



Love on an animal!



Get some rest!



Celebrate the small wins!



Exercise!



Sit in nature!



Celebrate the small wins!



Exercise!



Plant a garden!



Disconnect from the internet!



Strike a yoga pose!



Journal!



Stay Hydrated!



Read a book!

Some Easy Next Steps

- ◆ What is the Easiest Next Step You Can Take to Support Better Balance in Your Life?
- ◆ What Is The Easiest Next Step You Can Take To Support Your Health?
- ◆ Focus On This Step Until It Feels Like A New Habit
- ◆ Pick A Next Step To Take



**THANKS FOR INVESTING THE
TIME TO SPEAK TODAY**

ANY QUESTIONS?



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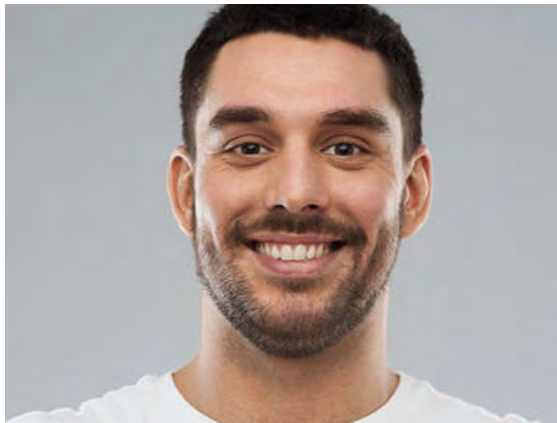
HAPPY HEALTHY LIVING



Physical Wellness: The forefront of any wellness regimen and encompasses everything from physical activity level and the nutritional value of your diet to the quality of your sleep. Optimal physical wellness directly impacts the way you think and feel.



Mental & Emotional Wellness: Covers everything from mental health and self-esteem to intimacy and the healthy expression of emotions. As humans, we possess a complex set of emotions that equip us for connecting with others, living with a sense of morality, and acting as functional members of society.



Spiritual Wellness: Productive and healthy individuals seek meaning and purpose to nourish their lives. Spiritual wellness encompasses this idea, encouraging you to live by a guiding set of principles and belief systems that can help you approach life with a positive mind-set.



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TO TAKE CARE OF OTHERS, YOU MUST FIRST TAKE CARE OF YOURSELF

What is self-care?

Self-care, the act of taking care of oneself, has become a buzzworthy topic, especially on social media. Search for #selfcare, which has over 32 million Instagram posts, and you'll find inspirational quotes; Sunday checklists with things like "put on a face mask," "light a candle," and "binge-watch your favorite show"; meditative yoga poses, and lots of beauty products.

So how did self-care evolve into a commodity, and how can we embrace the practice of self-care mindfully in this age of technology?

The evolution of self-care

The concept of taking care of oneself physically, mentally, and emotionally has long been practiced, especially by those in professions where mental and emotional stress is common, such as therapy, social work, and emergency medicine.

As our understanding of mental health expanded, coupled with the explosion of technology, people everywhere began embracing this concept and the general idea that wellness tools – including mental health care, movement, whole-food nutrition, and supplements – could be utilized to not just survive but improve quality of life.

Self-care in the modern world

Self-care as we know it today has become a valuable strategy for easing symptoms of anxiety. In the United States alone, **40 millions adults are affected by anxiety disorders**, making anxiety the most common category of mental illness in the United States. And with the ongoing COVID-19 pandemic, this number has likely skyrocketed.

Product brands have capitalized on this statistic, which has inspired our love of self-care products, from face masks to weighted blankets. All these products are great and can support relaxation any day of the week, but why do we feel the need to buy things to help us properly practice self-care? How can we take

care of ourselves – both physically and emotionally – without relying on expensive products?

On the flip side, the trend of self-care has created a digital community where more people are opening up about their mental health struggles to find support. This community has helped dismantle the stigma of mental health conditions, allowing people to be more vulnerable and share their experiences while also being encouraged to prioritize their mental health.

It's still important to point out that while engaging in self-care practices should be encouraged and can be a great way to decompress from a stressful day or week, these practices are not a proper substitute for seeking professional help and support for mental health conditions. If you believe you need professional support, check in with your healthcare practitioner for personalized recommendations.

10 ways to practice self-care

Self-care spans across physical, mental, and spiritual health. What self-care means from one person to the next is bio-individual – what makes *you* feel good and whole will be different from what your partner, friend, or coworker needs to feel the same way.

Lynda Cloud, IIN's CEO, says: "the term *self-care* is overused – almost three billion hits on Google – so it's more important than ever to take inventory of what makes *us* feel happy. It's extremely personal and bio-individual."

To help you find what works for you, we've compiled 10 ways to practice self-care that don't necessarily require any extra products or technology – some even encourage *no* technology – and can be practiced in ways that are totally unique to you. Lynda also shares how she practices these self-care tips in her own life:

1. **Set up a regular call with someone close to you.** Many people turn to self-care in order to tune out the world, but sometimes you might crave meaningful connection as opposed to endless scrolling. Schedule a weekly or monthly call with someone you enjoy talking to and treat it like a special event – grab your favorite snacks, put on your coziest clothes, and plan to be present in the moment.
2. **Fit in time for movement.** Self-care to most means slowing down, hence the many yoga pose posts in the #selfcare feed, but ask yourself: What movement makes *you* feel good? Whatever that is – HIIT, boxing, swimming, running, or yoga – do what feels right for you. Lynda takes inventory of how she feels when she wakes up each morning, so her

choice of movement – whether it’s yoga or light strength training – varies from day to day. Learning how to check in with yourself like this takes time and practice, so be kind to yourself as you figure this out!

3. **Cook a comforting meal.** It’s easy to lean on takeout, especially when you feel like you need to “treat yourself” for a self-care evening, but nourishing your body with food that you took the time to prepare can be really special. If you’re able, meal prepping your lunches or dinners for the week will give you the energy to focus on other important life things while also having home-cooked meals at the ready when you’re super busy.
4. **Step away from your phone for a designated period of time.** It’s easier said than done, especially as everyone spends more time at home connected to their devices, but disconnecting will help you tune back in to yourself to determine what you really need in the moment. Plus, it gives you an opportunity to be truly present for your community, friends, family, and coworkers when you do reconnect. Try putting your phone on airplane mode when you’re eating a meal or **set a curfew for your electronics** an hour before bedtime to help wind down.
5. **Plan more conscientious social media time.** If participating in social media is important to you, take inventory of how much time you’re spending on social media and whether that time spent scrolling was to procrastinate doing other things. Becoming more mindful of your social media time can help you better manage your overall time.
6. **Take a shower or bath.** Sometimes the smaller and simpler things in your everyday routine can be reframed as self-care, such as taking a shower or bath. This can be a wonderful way to show yourself care and love if you’re having a particularly tough day and can also help you prepare for restful sleep.
7. **Incorporate meditation into your daily routine.** It may seem ironic to recommend apps on your phone to facilitate tuning out from technology, but meditation apps can help you create and sustain a regular meditation practice. They’ve been shown to improve concentration and attention, **reduce anxiety**, and provide many neurological benefits. Lynda loves using the Calm app, but you can explore the wide variety to see what works for you.
8. **Set daily or monthly affirmations.** Lynda sets monthly affirmations, checking in with herself every 30 days to regroup and reset. Affirmations are statements that allude to goals you wish to achieve or positive, encouraging statements to help remind you daily that you’re on the path

to success. Working toward a goal can be hard work, and setting a new affirmation every 30 days can be a great way to assess how your self-care needs change over time.

9. **Opt for DIY versions of typical self-care products.** If you want to have a special “self-care” themed-night like you see on Instagram, try making your own version of the expensive products you may see people using, such as this [face mask](#) using ingredients you’d find in your own kitchen!

10. **Make self-care a regular part of your routine, not just something you do occasionally.** Building self-care into your day creates practices that become habits. Taking care of yourself doesn’t need to be relegated to one night a week, nor does it need to be an elaborately planned event. It could be as small as a daily 10-minute walk to break up the afternoon. Taking small steps every day to build self-care into your routine can have a major positive impact on your health and happiness.

Self-care is even more important in the time of COVID

COVID-19 has impacted our lives in significant ways - you may be working from home, experiencing financial hardship, or even grieving the loss of a friend or relative. Or perhaps you’re living with people you love, but after all of this time at home, you’re feeling everything *but* love for them! Cabin fever is real and we are here to support you in maintaining healthy, happy relationships.

So how do you maintain your relationships during this time without driving each other crazy? If you’ve ever flown on an airplane, you’ve heard the flight attendant instruct passengers to always put on their oxygen mask first before assisting the person next to you. You also may have heard the expression, “You can’t pour from an empty cup.” Improving our relationships with ourselves is not only important, but essential, if we wish to take care of others.

Self-care is not just about taking care of our physicality, but also our mental, emotional, and spiritual needs. Developing the habit of **self-care** takes time and commitment, and while it doesn’t need to take hours and hours, it does require carving out a chunk of time each day. Self-care is also bio-individual - what feels soothing and relaxing to one person may not be the same for someone else.

Self-care is about exploring a variety of practices and finding what works best for you. It is also important to recognize that what supports us today may not be what we need tomorrow. One day might look like going for a run or playing an instrument, while another day it may be better to call a friend or meditate. Tuning into our mind, body, and heart and discerning what serves us each day is key!

Consider these helpful strategies to set yourself up for self-care success:

1. **Establish a daily routine.** Having daily structure can help us prioritize our activities, minimize procrastination, create new healthy habits, and free up more time for self-care! Consider writing out a schedule for each day of the week and share with your housemates so they know when you need alone time and when you're free to engage. If they seem left out or upset in any way, you can let them know that having this structure each day is what helps you be more present and loving when you *are* with them.
2. **Practice discernment.** With more time at home, it's easy to be distracted by cravings, compulsions, or even addictions. While it is totally natural to have coping strategies or impulsive desires, it's important to practice noticing what your mind *wants* versus what your body *needs*. Before taking any action throughout your day, try closing your eyes, taking a few deep breaths, and asking, "*What do I really need right now?*"
3. **Permission to say "no."** One of the most loving acts of self-care is the ability to say "*no.*" When someone requests something of us that we do not have the energy to do, we have every right to decline. This doesn't have to be harsh or lacking compassion, but can actually be delivered with kindness. For instance, if your housemate or loved one asks if you want to go on a hike, and you really don't want to, you can say, "*Thank you so much for the invite, but I am not feeling the energy for a hike right now. I really appreciate that you want to spend your afternoon with me though. I love you.*" Of course, find whatever words are most authentic for you! If you have responsibilities that you don't want to do but honestly know you need to do, try asking yourself "*What is the opportunity in this?*"
4. **Practice compassion for yourself and others.** Any unresolved issues or concerns within ourselves or with others are likely to be pronounced when going through something traumatic such as COVID-19. Extra time at home with our families is like shining a spotlight on any emotional, mental, or even physical pains. Simply being aware of this is an important step in practicing compassion for yourself and others. Choosing to see this as an opportunity to grow and personally develop is a great next step. Once you feel more kind within yourself and ready to grow, try sitting down and having an open and honest discussion with loved ones about your experience. Which leads us to the next strategy...
5. **Honest communication.** Having open and honest communication with the people we share space with is essential. Try inviting your family or housemates to come together one day each week to share any emotional, mental, and physical needs. Invite everyone to practice actively listening while being as non-judgmental as possible. Perhaps

come up with one or two simple strategies that everyone can agree on that honors each of the expressed needs.

Now that you have these five simple strategies to set yourself up for success, explore the collection of self-care ideas below for your mind, body, spirit, and emotions. Consider trying out one or two this week that resonate most with you.

Mental Self-Care

1. Do a sudoku or crossword puzzle.
2. Read a book.
3. Listen to an inspiring podcast.
4. Recite or write down positive affirmations.
5. Play an instrument.
6. Enjoy stream-of-consciousness writing. Set a timer for 20 minutes and write down whatever comes to mind without pausing to think.
7. Learn a new skill. Watch a YouTube video tutorial or read a book about something you have always wanted to learn.
8. Tidy up one small section of your home. A clean space is a clean mind!
9. Unplug from all technology for at least an hour.
10. Try out a new hobby such as pottery, jewelry making, woodworking, origami, knitting, homebrewing kombucha, archery, or photography.

Physical Self-Care

1. Drink water throughout the day. Eight 8-ounce glasses a day is a good rule of thumb.
2. Practice deep breathing.
3. Try some self-massage with a foam roller or tennis ball.
4. Soak up some vitamin D spending time in the sunshine. You only need up to 30 minutes!
5. Get in bed 30 minutes earlier than normal with a journal, good book, or meditation practice.
6. Release any pent-up anger by punching a pillow, shouting in your car, or doing sprints up the stairs.
7. Prioritize a sleep routine.
8. Take a warm bath. Indulge with Epsom salt, candles, and essential oils!
9. Go for a jog, walk, swim, or bike ride.
10. Try out new, healthy, and fun recipes!

Spiritual Self-Care

1. Meditate.
2. Spend time in nature.
3. Spend quality time with a pet.
4. Donate money to a charity you admire and respect.
5. Sit in silence and observe what is going on around you without trying to change anything.
6. Stargaze.
7. Watch a soul-inspiring documentary or YouTube video.
8. Pull an angel or tarot card.
9. Contemplate spiritual/cosmic questions such as “who am I?” “why am I here?” “what is my purpose?” or “what do I value?”
10. Create a morning and bedtime routine. For example, begin each day with a calm, empowering practice, and end each day with relaxation and gratitude.

Emotional Self-Care

1. Talk to a therapist, coach, or mentor.
2. Journal your feelings without reservation.
3. Do something that nourishes your inner child such as skipping down the street or drawing on the sidewalk with chalk.
4. Write down the people, things, and/or experiences you love and appreciate.
5. Write and mail a letter to a loved one.
6. Let yourself cry, scream, laugh, or growl, depending on what needs to be expressed!
7. Practice mirror work. Try looking at yourself in the mirror and telling yourself all the things you did well today, repeating positive affirmations, or saying “I love you.”
8. Read moving poetry or watch a heartwarming film.
9. Sit with your hand on your heart and ask if it has anything to share. Notice what arises without judgement.
10. Practice accepting your feelings. If a feeling arises that you do not prefer, simply breathe and be an unbiased witness.

Remember, as we spend time rejuvenating ourselves through self-care, we not only support our own needs but we cultivate the energy that helps us be fully present and compassionate in our relationships with others. Keep it simple, and just try implementing one new practice at a time. And as always, explore with curiosity and have some fun with it!

Source: The Institute of Integrative Nutrition