

May 2022



Passionately Living for Health

Burned Out - Rekindle the Flame



While working for a large international company, I reached a point to where I was burned out, exhausted, and simply spent physically and emotionally. I was challenged to be motivated in that role and didn't realize I was headed down the path of depression. I became cynical and did not feel wanted or a part of the team. This led to being exhausted and uncertain about the future. Have you ever felt this way before? In this article, we're going to look at the feelings we have when experiencing burnout, physical impacts, and actions to alleviate this conundrum.

Why do we feel exhausted, depleted, unmotivated, or lack self-esteem? Is our self-esteem impacted when we reach the "burned out" stage? Of course. There are many factors in our lives that can cause ill feelings such as relationships, work, business, ill health, and simply day-to-day responsibilities. There are normally three specific items characterized by being burned out: the first of these is exhaustion both emotionally and physically; the second item is cynicism or lack of interest in work, which can lead to exhaustion; and the third is feeling useless, which can lead to depression^{1,2,3}. As a health coach, this is of grave concern since the mental health and well-being of an individual is the foundation of a quality life as all thoughts and feelings have impact on our actions.

In This Issue

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Food Focus | Root Vegetables

Testimonies

Larry is approachable which is as important as being knowledgeable and professional. He does not push his own agenda. He made suggestions, pointed me toward resources, and then went on a stand-by assist. He did not take a cookie-cutter approach to my wellness. He gave me a solid strategy that gave me just enough structure to keep focused on my goals. I would recommend Larry and this program to those who are serious with regard to improving their personal wellness and are willing to make a consistent commitment.
~ Amy K. (2)

I am writing to tell you how much you inspired me to change my habits for the better. Before your workshop, I use to drink coffee and an energy drink every single day. I was sure the advice you gave was not going to work for

These are clear signs you're burned out in a certain area of your life if the following are occurring.

- Feeling useless - feeling you just can't be effective.
- Depression – tied to the feelings noted above.
- Irritable – getting irritable with others (or outright anger).
- Lack of concentration – one of the mental signs burnout is approaching.
- Sleep deprivation – can lead to high blood pressure, stroke, diabetes, or kidney disease.
- Headaches – burnout being tied to excessive stress can lead to these characteristics.
- Stomach pain – stress can weaken the immune system.
- Over consuming drugs, food, or other comforts – can lead to serious health issues.

Exhaustion

What can we do? Make a list of hobbies, activities, and interests that you would enjoy and give yourself a mental and physical break to find enjoyment outside of the primary reason your burned out².

Motivation

Get more creative about your options with work, family, and home that may get you thinking “outside the box” such as creating social interactions over Zoom with family².

Self-Esteem

Addressing burnout begins with addressing your thoughts. What we say to ourselves makes all the difference in how we feel about who we are.

Diet

Make sure you're following a healthy diet that enables you to be your best in everything you do because, what we eat, makes a big difference in how we feel and if we feel good about how we take care of ourselves nutritionally, this will have a ripple effect in other areas of our life.

Burned out (or stress) busting foods below.

- Oatmeal
- Whole-grain breads
- Pastas
- Breakfast cereals (clean)
- Oranges
- Spinach
- Fatty Fish
- Black Tea
- Pistachios
- Avocados
- Almonds
- Raw Veggies
- Exercise (non-food related, but very important)

Stay strong and continue to develop yourself with positive information that will overwhelm your central nervous system on how you are a wonderfully made person with much to offer the world.

** Please consult your family care physician prior to embarking on diet changes.

me. But I am proud to say in the last two weeks since the workshop, I have not touched a drop of caffeine except for a cup of green tea in the morning sometimes. Since I have done this, it feels like the overall health balance of my body has improved. I am so thankful to you for opening my eyes to the dangers of caffeine and the importance of getting more oxygen.

~ Jennifer W. ⁽⁴⁾

Can learn something every time - too much sugar!

~ Nancy S.

Friendliness of presenter - simple presentation on layman's language.

~ Terre H.

I had not realized stress or my mood has a big part in the foods I eat.

~ Peggy E.

Enjoyed everything in general - very good program and presentation. Bags of sugar made "paint".

~ Jean D.

Presentation is appealing, vibrant, enthusiastic, entertaining, and friendly.

~ Pat C.

A good coach wins games; a great one changes lives. Thanks for investing in my life-changing wellness journey.

~ Amy K.

Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life.

~ Tony Robbins

Here are a few others to explore:

- **Beets** contain an abundance of antioxidants and are highly detoxifying.
- **Burdock** is considered a powerful blood purifier. This long, thin veggie is a staple in Asian and health food stores.
- **Celeriac**, also known as **celery root**, is rich in fiber and with a respectable amount of antioxidants.
- **Jicama** is crunchy and refreshing and contains a generous amount of vitamin C. It's a favorite in its native Mexico and South America.
- **Onions** are rich in antioxidants and other phytonutrients, making them prized for their ability to strengthen the immune system.
- **Parsnips**, which look like giant white carrots, boast a sweet, earthy taste. They've also got plenty of fiber, vitamin C, folic acid, niacin, thiamine, magnesium, and potassium.
- **Radish** is an excellent source of vitamin C. It's also rich in calcium, molybdenum, and folic acid.
- **Sweet Potatoes** contain unsurpassed levels of beta-carotene and are also rich in vitamin C, phytonutrients, and fiber.

extra virgin olive oil
salt and pepper
herbs: rosemary, thyme or sage
(fresh if possible)

Directions:

- 1) Preheat oven to 375 degrees.
- 2) Wash and dice all vegetables into bite-sized cubes.
- 3) Place in a large baking dish with sides.
- 4) Drizzle with olive oil; mix well to coat each vegetable lightly with oil.
- 5) Sprinkle with salt, pepper and herbs.
- 6) Bake uncovered for 25-35 minutes until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking.

Tip: Any combination of vegetables will work. Roasting only one kind of vegetable also makes a nice side dish.

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Forward to a Friend

It's such a pleasure to help those closest to us become **happier** and **healthier**.

Please forward this newsletter to **friends, family members** or **colleagues** who might be interested and **inspired** by it.

References

- 1) <https://www.webmd.com/balance/ss/slideshow-signs-burnout>
- 2) <https://www.zenefits.com/workest/3-signs-that-youre-burned-out-and-what-to-do-about-it/>
- 3) Schabram, K. & Yu, T. (2022) How Other- and Self-Compassion Reduce Burnout through Resource Replenishment. *Academy of Management* (65)2, <https://journals.aom.org/doi/full/10.5465/amj.2019.0493>
- 4) <https://www.webmd.com/diet/ss/slideshow-diet-for-stress-management>



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