**Stress versus burnout**

* When we go to the gym, we put stress on our body and release stress from our muscles
* This results in us destressing
* This is different to stress, the feeling of being overwhelmed
* Left too long, stress can turn into burnout
* Flight or flight reactions occur when we experience stress

**Physical signs we may experience from stress:**

* Nausea
* Light headedness
* Back pain
* Ulcers
* Panic attacks
* Heart attacks

**Physiological symptoms we may experience:**

* Negative self-talk
* Overwhelm
* Frustration
* Anger/outbursts
* A sense of despair/hopelessness
* Making mistakes, missing things in our work
* Work standards decrease
* Deterioration in relationships

**Burnout**

* A state of emotional, mental and (often) physical exhaustion brought on by prolonged or repeated stress
* Stress symptoms and disillusionment create burnout
* This can lead to depression
* This in turn can result in suicidal thoughts
* Often, we want to remove the stressor, but we cannot
* If the stress exceeds the limit and we continue at that level, it can lead to a breakdown
* We need immediate strategies to deal with physical symptoms and to put credits in our emotional banks

**Physical symptoms of burnout**

* Loss of appetite
* Over-eating
* Numbness
* Weight gain
* No energy
* Panic attacks

**Physiological symptoms of burnout**

* Negativity
* Dark thoughts
* Anger
* Feeling out of control

**Self-medication (a coping mechanism)**

* Drinking a lot of coffee
* Binging on starchy foods
* Smoking cigarettes
* Zoning out with mindless television
* Taking recreational drugs

**Panic attacks**

* Feel like a heart attack
* The body’s attempt to get back into control
* You need to pay attention to them

**Strategies**

* External triggers can be positive or negative
* They affect our emotional and physical reality
* Positive triggers cause the body to release dopamine and oxytocin
* Negative triggers result in the release of cortisol and adrenalin
* Our internal and external locus of control determines whether we react due to a cause (internal) or an effect (external)
* When low in resources, we cannot resist triggers

**3 techniques to improve our ability to respond to triggers**

1. Focused slow breathing and self-soothing

* Sit on a chair with both feet on the floor and your back supported
* Breathe in through your nose for 4 and out through your mouth for 4
* Add self-soothing by placing your hand on your chest
* This activates the parasympathetic systems and positive hormones
* Try to sit alone for 5 minutes per day and do nothing
* Become aware of your thoughts
* Through both activities, your physiology will start to change

1. Emotional Freedom Technique

* Identify your emotions
* Move them through your body with tapping
* Teach your body how to move into a positive state
* Tap with your dominant hand
* Tap on your wrist (just further than your thumb)
* With both hands, tap on your head, temples, forehead, cheekbones, chin, throat, sternum and around your heart. As you breath out say the emotions you want to get rid of
* Choose 3 positive emotions and as you breath in, and tap through your body, breathe them in

1. Heart Match Focused Intention Technique

* Slow down your breathing
* Breath up through the left side of the body (heart) and imagine the warmth being extended to someone else as you breathe out

**Self-care strategies**

* Eat well – Book: How not to die by Michael Greger
* Exercise
* Get sunshine Listen to Dr Andrew Davis’ podcast
* Drink water/ eat water-based foods
* Listen to calming, relaxing music
* Work in an environment with the window open and plants to generate oxygen
* Sleep well. Listen to: Why we sleep Matthew Walker TED Talk or read the book
* Walk or garden