



BURNOUT PREVENTION

Fatigue and burnout is widespread.

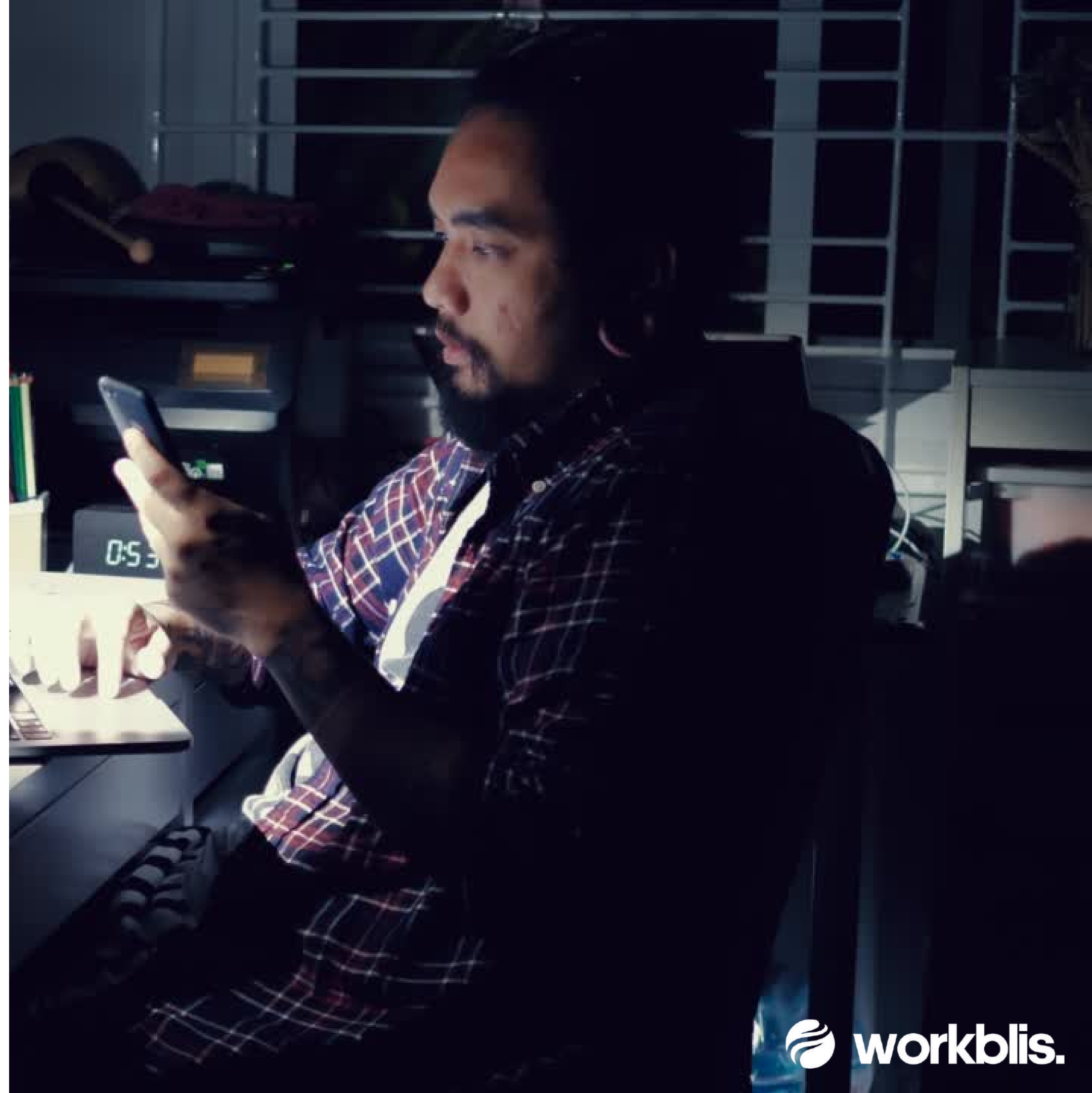
Thinking is highly energy consuming, especially as the majority of our thoughts are “survival” thoughts.

There is tension between our thoughts and emotions, running down our nervous systems.

Few of us can access emotions properly, communicate them in an empowering way, and link the heart, the brain and the body.

We don't have conscious, well-practised processes to renew our mind, body and spirit.

If we are not operating from a state of creation – but from fatigue and burnout – the many potentials surrounding us get lost.



CONTENT

- Early signs of burn-out: self-regulation, relating, communication
- Stages of burn-out
- Living in creation vs. living in survival
- The breakdown of homeostasis
- Brain waves - leaving high beta
- Childhood conditioning - "What's burnout got to do with"
- Developing the observer
- Keeping the nervous system balanced - tips and strategies

