

# ORANGE BLOSSOM HEALING

## GUIDE TO AVOIDING BURNOUT

This guide is designed to stop you from falling over that cliff where burnout lies at the bottom. Burnout is an accumulation of extended periods of stress with an absence of good nutritional and lifestyle decisions. This simple guide gives you 10 free lifestyle hacks that will stop you tipping over. They are simple, backed by science and accessible to everyone.

The goal is to add each of these hacks into your daily routine either by working through them in order or by starting with the one that calls you most first.

Having worked with many clients, I have found these hacks to be the foundation of healing. If you would like to go deeper than this foundational level, please check out my [coaching options](#).

YOUR BODY IS A MIRACLE, AND IT IS BUILT TO THRIVE!

With love & gratitude,

Laura, OBH x

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F	is for FAST	<p>Even intermittent fasting (12 – 16hours without food) can help to prevent and treat disease, increase weight loss, reduce cellular ageing and improve molecular mechanisms.</p> <p>Longer fasts promote better gut health &amp; increased stem cell production.</p> <p><b>ACTION:</b> start with a fasting window of 13 hours. This can be at any time of the day that suits you, including overnight and you should drink water throughout your fast.</p> <p><b>NB</b> do NOT fast if you are pregnant or under the age of 18. If you are a woman with a cycle, please don't fast for more than 13 hours without first learning about your hormones (resources below).</p>
R	is for READ	<p>Reading every day can increase your longevity by up to 2 years. It also increases empathy and intelligence whilst broadening vocabulary.</p> <p><b>ACTION:</b> read for 30 minutes every day, ideally before bed.</p>
E	is for EXHALE	<p>If your exhale is longer than your inhale then you're already in your parasympathetic nervous system (rest &amp; digest) and engaging your vagus nerve, so your decision making is improved.</p> <p><b>ACTION:</b> spend 5 minutes each day counting your inhale and exhale. Make sure the exhale is double the length of the inhale (e.g. your inhale is 3 seconds, your exhale should be 6 seconds, etc.)</p>
E	is for EARTH	<p>Earthing is the act of connecting your bare skin to the earth in order to improve sleep, reduce pain &amp; stress, activate the parasympathetic nervous system &amp; speed up wound healing, to name but a few of its benefits.</p> <p><b>ACTION:</b> spend 5 minutes each day connected to the earth (grass, soil, sand, large bodies of water, large rocks, etc.) either with your feet or hands.</p>
H	is for HUG	<p>The endorphins released by hugging have an opiate-like analgesic effect which is 30x more effective than morphine in reducing pain. The oxytocin released reduces the stress hormone norepinephrine.</p> <p><b>ACTION:</b> hug someone for 1 minute each day.</p>
E	is for ENGAGE	<p>The impact of NOT having strong relationships is equivalent to being obese or smoking 15+ cigarettes per day. We are all, in fact, 50% more likely to die prematurely if we don't have strong relationships in our lives.</p> <p><b>ACTION:</b> spend real (not technological) time with people you want to build relationships each day. Join or build communities.</p>
A	is for AFFIRM	<p>Your mindset is half the battle when it comes to success with your health or any other facet of your life. Affirmations can be a way to rewire your brain so that you tell yourself, and believe, new stories about what is possible for you</p> <p><b>ACTION:</b> write 3 affirmations each week that feel right and repeat them daily</p>
L	is for LIFT	<p>Muscle is what helps us burn fat and stabilise blood sugar. Strength training improves your metabolic rate, which affects your overall health, longevity and ability to burn fat.</p> <p><b>ACTION:</b> do some strength training at least 3x per week. Start by perfecting a 1 minute plank.</p>
T	is for THANK	<p>Gratitude can improve psychological and physical health as well as self-esteem and sleep.</p> <p><b>ACTION:</b> spend 5 minutes each day thinking about things you're grateful for.</p>
H	is for HIKE	<p>Hiking is defined as extended walking for pleasure or exercise. Walking every day can increase weight loss, improve mental health and reduce stress, among many other benefits. It is the single most effective movement you can make for your health &amp; longevity.</p> <p><b>ACTION:</b> walk for at least 10 minutes every day, ideally in nature.</p>



F	is for FAST	<ul style="list-style-type: none"> <li>• Learn more about your hormones <a href="#">here</a></li> <li>• Get <a href="#">my free fasting 101 here</a> or my <a href="#">full fasting personalised guide, here.</a></li> <li>• Get an unbiased opinion <a href="#">here</a> or <a href="#">work with me</a></li> <li>• Check out some science to support your effort <a href="#">here</a>, <a href="#">here</a> and <a href="#">here</a></li> </ul>
R	is for READ	<ul style="list-style-type: none"> <li>• Check out the science <a href="#">here</a> and <a href="#">here</a></li> <li>• If you love sharing what you read, join an <a href="#">online book club</a> or start your own!</li> </ul>
E	is for EXHALE	<ul style="list-style-type: none"> <li>• Check out <a href="#">this meta-analysis</a> (a study of studies) showing an overall reduction in stress and improvement in mental health starting from 5.5 breaths per minute. One cycle of inhaling and exhaling = 1 breath. Can you get down to 5.5 per minute?</li> </ul>
E	is for EARTH	<ul style="list-style-type: none"> <li>• <a href="#">This study</a> contains some explicit imagery is a little explicit (if you don't like blood, maybe get someone to skip the images for you) but it is a brilliant insight into the proven benefits of earthing</li> </ul>
H	is for HUG	<ul style="list-style-type: none"> <li>• Check out the science <a href="#">here</a> and <a href="#">here</a></li> <li>• <a href="#">This</a> cute, animated video summarises the benefits nicely</li> </ul>
E	is for ENGAGE	<ul style="list-style-type: none"> <li>• If you don't know who to spend time with, here are some suggestions of groups that you could join or start yourself: <ul style="list-style-type: none"> <li>- reading</li> <li>- walking</li> <li>- language meet ups</li> <li>- pub quiz</li> <li>- library group</li> <li>- knitting or crafting</li> <li>- how about approaching someone to be your mentor?</li> </ul> </li> <li>• Geek out on the science <a href="#">here</a></li> </ul>
A	is for AFFIRM	<ul style="list-style-type: none"> <li>• If you have thought patterns that you recognise to be a negative influence on your growth, success or otherwise, then you have the power to reprogram them. This is Dr. Joe Dispenza's formula for retraining your brain: a new thought leads to → a new choice, which endorses → a new action, which → creates a new experience, which leads to → a new feeling. Learn more about how this works <a href="#">here</a>.</li> <li>• <a href="#">This article</a> is a great starting point for an overview on how impactful affirmations can be for mental health and how to get writing your own, rather than using generalised ones.</li> </ul>
L	is for LIFT	<ul style="list-style-type: none"> <li>• Use your body to strength train by practicing push-ups, squats, planks, pullups or lunges</li> <li>• Try one of these challenges: <a href="#">Challenge one</a>, <a href="#">Challenge two</a>, <a href="#">Challenge three</a></li> <li>• Find some online guidance if you don't have a gym or PT. I like strength yoga classes <a href="#">like this</a> or if you like weights, try <a href="#">this</a>.</li> </ul>
T	is for THANK	<ul style="list-style-type: none"> <li>• Check out the science of purposeful and continued gratitude <a href="#">here</a></li> <li>• If you're an audio learner, <a href="#">this</a> gratitude meditation is lovely</li> </ul>
H	is for HIKE	<ul style="list-style-type: none"> <li>• <a href="#">This</a> podcast is a great place to start to learn more about walking</li> <li>• <a href="#">This</a> is what I learned from walking 20,000 steps every day</li> <li>• If you're a fan of Dr Berg, he also has <a href="#">this video</a> on the benefits</li> </ul>

