

7 WAYS TO OVERCOME BURNOUT & MANAGE STRESS



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BURNOUT TO BALANCE

How to live a stress-free life.

1. GET MORE SLEEP

As much as we hate to admit it, we NEED sleep. And here's how to get it -- Make sure you set a bedtime for yourself (you can do this on your iPhone!), do not watch tv or play on any devices with blue light (i.e. cell phone, tablets) at least 30 minutes before bed, considering getting black out shades, and come up with a bedtime routine like having a warm cup of decaf tea and a 10 minute sleep meditation before lights out.

2. MEDITATE

There are many ways to define meditation. I personally define it as a time where I sit with myself (in silence or with a guide / music) and train my mind to relax, clear out the chatter, and focus on my breath. That's it. My goal is to relax my body and quiet my mind. Try doing a simple breathing exercise such as inhaling for a count of 4 and exhaling for a count of 4, continuing to focus your attention on your breath. There are also lots of free guided meditations on YouTube and several meditation Apps such as Calm or Headspace that are excellent for beginners.

3. START JOURNALING

It may sound cliché but writing down how you are feeling can have a huge impact on your mood and outlook on life. Daily journaling can be a great way to peel back the layers to get to the root cause of an issue you are having, can be a road to self-discovery, or just a way to get whatever is on your mind or stressing you out, out of your head -- the less clutter, the better! What do you write about? Anything! Start with a list of things or people you are grateful for or something you are looking forward to today/this week/this month. Write, without judgment, whatever comes to mind.

4. PRACTICE YOGA

Contrary to popular belief, the goal of Yoga isn't to do a perfectly sequenced set of poses in your lululemon leggings... the actual goal is to quiet the mind so you can achieve clarity and see the happiness, joy and peace that is already inside of each of us. The more you practice yoga, the easier it becomes to clear the mind of all the chatter and let yourself live in the now. When we bring our practice on the mat to our off the mat daily lives, that's where we find balance and clarity. When your mind is clear you begin to gain perspective on what is truly important in your life.

5. TAKE A BREAK

Breaks increase productivity and creativity. Working for long stretches without breaks leads to stress and exhaustion. Taking breaks refreshes your mind, replenishes your mental resources, and helps you become more creative. Most “Aha moments” come more often to those who take breaks. Great ways to incorporate breaks into your day could be taking a break to grab a cup of tea (decaf as caffeine will only amplify your feelings of stress and anxiety), take a walk, or call up a friend or family member for a quick chat. Breaks can be as little as 5 minutes but can have a huge impact on your productivity and mood.

6. UNPLUG

If the first thing you do after opening your eyes each morning and last thing you do before turning off the lights each night is check your email, then I'm talking to you! Step away from the iPhone, please! While communication technology can promote productivity, it can also allow work stressors to seep into family time, vacation and social activities. Set boundaries by delegating certain times to check email and put your phone on 'Do not disturb' mode while you sleep and get ready in the morning.

7. SPEND TIME IN NATURE

People seem to know instinctively that spending time in nature is a good thing, but how often do you actually get outside and enjoy the fresh air? Being outside in nature is naturally calming . It literally changes the way your brain is operating so you can't help but relax. Not only does it have stress-busting benefits, but spending time outside has been proven to inspire creativity, improve memory and cognitive function, boosts happiness and risk of depression, and reduces the risk of type II diabetes, cardiovascular disease, premature death, and high blood pressure -- sign me up! Consider taking your 5-10 minute break during the workday by going for a walk around the block, reading a book in the sunlight, or sitting on a park bench observing the world around you.

WANT MORE TIPS?

JOIN MY PRIVATE FACEBOOK GROUP WHERE WE TALK ALL THINGS STRESS MANAGEMENT AND OVERCOMING BURNOUT

OR

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