

Managing Burnout Through Self-Care

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What we will cover today:



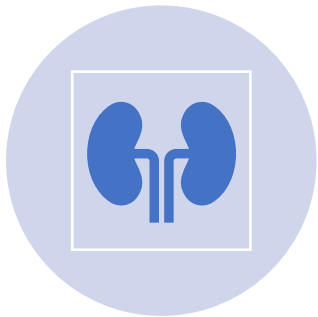
A clearer view of how to better sustain your individual energy levels and manage burnout through self-care using simple wellbeing rituals:

- ✓ **Nutrition and Hydration:** the importance of a protein rich start to your day and adequate hydration
- ✓ **Breathwork Techniques:** Managing overwhelm and anxiety
- ✓ **Stretching and Movement:** in a work setting: how to re-set and re-charge

Wellbeing Rituals



4 Easy Steps to manage burnout and improve your Health & Wellbeing



ADEQUATE HYDRATION THROUGH WATER (ANY DRINKS WITH SUGAR OR SWEETENERS WILL CAUSE A BLOOD SUGAR SPIKE LEADING TO A BLOOD SUGAR CRASH THEN FATIGUE)



HIGH PROTEIN START TO YOUR DAY THEN PROTEIN RICH SNACKS TO SUPPORT BLOOD SUGAR LEVELS DURING YOUR WORKING DAY



BREATHING EXERCISES AND MEDITATION TO SUPPORT THE CENTRAL NERVOUS SYSTEM AND HELP TO SUPPORT WITH STRESS AND ENCOURAGE ADEQUATE REST AND RESTORATIVE SLEEP



ADEQUATE MOVEMENT BUT EQUALLY CONSIDER ADEQUATE REST AND RELAXATION TO KEEP FATIGUE AT BAY

Getting the right start to your day

- Blood sugar stability is key to maintaining our energy levels and weight.
- Our typical breakfast of bread or cereal is very disruptive for blood sugar regulation.
- A big rise in blood sugar is met with a big crash, leaving us very hungry by 10.30am or a couple of hours after eating at the start of our working day.
- Many of us rely on caffeine and sugar to top up our energy.
- Try to choose high protein, non-processed breakfast and snack options.



Make your own Breakfast Pot

MAKE YOUR OWN POT! ✨

Nourish your reusable pot!
and
LOVE your gut...



START YOUR DAY WITH A SIMPLE HIGH PROTEIN, NON PROCESSED BREAKFAST POT ✨

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WHAT TO DO... ✨

- 1 Grab yourself a pot and a spoon.
- 2 Use your spoon to add in oats.
- 3 Use your spoon to add in seeds & fruits. Try something new!
- 4 Head for the fridge. Add either full fat yoghurt, milk or milk alternative.
- 5 Reuse your pot and repeat...

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WHAT'S IN IT FOR ME? ✨



High in essential minerals.
Vitamin C
Fibre
Adding fresh or frozen berries is even better



Rich in essential minerals - zinc, copper, magnesium and calcium.
Antioxidants, fibre and protein
Stabilise blood sugar
Slow releasing



Improve Cholesterol and blood sugar levels.
Rich in essential vitamins and minerals



Live yogurts and Kefir are healthy probiotics, supporting our immune system via our microbes.
Avoid sweetened yogurts

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The link between Hydration and Health & Wellbeing

Hydration is a key element in maintaining your energy levels and a healthy immune system.

- ✓ Water makes up two thirds of our body so it is vital we drink enough fluid to maintain a healthy balance and ensure that nutrients can reach their destination through our blood stream.
- ✓ When we are dehydrated not only does this affect our mental focus and cognitive function it can also affect our physical health making us feel fatigued and achy.

! TRY THIS SIMPLE AND EFFECTIVE HABIT: WATER WHEN YOU WAKE:

Try to start your day with some water or mint water before you have any caffeine.

Recipe: Add a small handful of fresh mint leaves to a teapot or just a couple of leaves to a cup, add boiling water and enjoy.



Breath Moving



The Habit of a Breath & Body Position combined

The Butterfly

- ✓ Sit up straight
- ✓ Clasp your hands behind your head
- ✓ Inhale and reach your elbows out wide
- ✓ Exhale and bring your elbows back in together

Imagine moving the wings of a butterfly as you slide your shoulder blades around your ribs to move your elbows



Stretching: Postural Support & Reducing Muscle Fatigue

Tips for reducing muscle stiffness and fatigue

- Stand up and move every 20-30 mins
- Gentle stretching and mobilisations
- Keep well hydrated-when you are dehydrated muscles fibres become more dehydrated
- Look at how your desk and chair is set up-regular DSE assessment and following guidance for set up when home working
- Regular exercise



Be Body Aware:

Think about your Postural muscles (which act as a corset or scaffolding to your trunk). Remember **fatigue can set in after 20-30 minutes of sitting** – you will then begin to slump, increasing the load on your spine and although this may be comfortable just be aware to move regularly to combat stiffness and potential discomfort

Movement

Re-set and Recharge: 15-minute circuit of energising movement and breathwork:

- ✓ Simple movement and breathwork techniques can have a positive impact on your Health and Wellbeing and through movement you can prevent physical burnout and MSK disorders.
- ✓ Try options which are easy to apply even in challenging circumstances.
- ✓ Self-compassion leads to self-care.

- **15-minute Wellbeing Circuit**

- Neck rotations
- Pendulum Roll
- Shoulder rolls: forwards and backwards
- Overhead arm stretch
- Triceps Stretches
- The Waiter and Cleopatra

Any Questions?



Feedback and question:
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