



TRINITY
school of natural health



Effective Ways

to Recharge Your Energy

BY TRINITY SCHOOL OF NATURAL HEALTH

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Introduction

Are you in a season of life where you feel your motivation slipping? Whether you're planning an upcoming event, taking on an unfamiliar role, finishing a project at work, or juggling other responsibilities, it's easy to get overwhelmed. If you find yourself running on autopilot, fighting constant exhaustion, and struggling to recharge your internal battery, try taking a step back and evaluating your total wellness.

IDENTIFYING BURNOUT

While burnout is often associated with poor work-life balance, it can also happen in other parts of your life, like parenting, caretaking, or even relationships. Burnout is defined as “a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress.”¹ If your stress levels are constantly high, it can be harder to take time to refresh and recharge.

When you use all of your emotional resources in challenging situations, you may have little left over for other day-to-day tasks. Experts have found that when you become more emotionally exhausted, you have a reduced sense of well-being and less capacity to care for yourself and others.² Instead of merely being physically tired, you have limited mental and emotional energy to devote to your responsibilities.

It's one thing to know how to define burnout, but you also need to know when it's affecting you. There are five common stages of burnout, shown below, ranging from early warning signs to recurring, longterm effects.³

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Consider whether any of these signs are evident in your life:

- **Honeymoon Phase:** This stage is characterized by enthusiasm and optimism as you begin a new job or role. You are highly committed to the task at hand and have a strong desire to prove yourself.
- **Onset of Stress:** Initial stress can affect you physically, mentally, and emotionally. Symptoms include anxiety, avoidance of decision-making, fatigue, inability to focus, changes in appetite, lower productivity, and more.
- **Chronic Stress:** In the third stage of burnout, stress becomes increasingly frequent. You may experience aggressive behavior, apathy, a lack of interest in hobbies, persistent tiredness, and even physical illness.
- **Burnout:** As the stages of burnout progress, you'll eventually find that you can no longer continue in your normal routine. Stage four is characterized by an inability to cope, chronic health problems such as headaches or bowel problems, constant pessimism, self-doubt, and social isolation.
- **Habitual Burnout:** In this final stage, burnout symptoms are embedded deeply into your life, meaning its effects are ongoing rather than occasional. Symptoms include emotions and physical effects associated with chronic sadness, chronic fatigue, and depression. If you are struggling with burnout, depression, or other mental health challenges, never hesitate to speak with your medical provider, a pastor, or a therapist.

When you constantly face burnout without developing a plan for recharging and restoring your body and mind, your wellness can suffer in every aspect of your life. As you manage your daily activities, stay aware of warning signs that might indicate a state of burnout may be on the horizon.





REDUCING BURNOUT

The more stress you have in your daily life, the more likely you are to experience burnout. So, how can you avoid or reduce it if you're already experiencing its effects? Renowned executive coach and keynote speaker Monique Valcour says there are three steps to making sure you don't "run out of fuel:"⁴

| Reduce the Drain:

Identify the aspects of your life that are taking the highest toll on your energy. Are you dealing with stressful coworkers? Do you have overwhelming responsibilities? When you know what depletes your energy the most, you can intentionally plan to limit those things.

If you can't change your stressors or circumstances, be open with others who can help you set priorities and maintain a healthy environment for your mind, body, and spirit. By understanding the potential root causes of burnout, you can be more proactive in prioritizing your wellness.

| Learn to Conserve:

Burnout can cause us to spend too much emotional energy on our responsibilities. The best way to avoid overusing that energy is to implement emotion-regulation techniques to reduce our stress. For example, naming your feelings and reframing stressful experiences can help you take a less biased view of a situation and eliminate the emotional exhaustion that often precedes burnout.

| Replenish Your Fuel:

If you deplete your energy, you'll likely experience burnout much faster. Finding ways to restore your wellness, physically, mentally, and spiritually, can help ensure that you have a continuous supply of energy. The process of spending it and replenishing it should be cyclical so that you don't use too many of your emotional resources before building them back up again.

RECHARGING & REPLENISHING

There is no one-size-fits-all solution for reducing stress levels. However, experts agree that making selfcare a part of your routine and prioritizing activities that recharge you is key to limiting burnout's impact.⁵ When you're attempting to recharge, ask yourself what relaxes and recenters you. If you're not sure, consider some of these ideas:

| Break a Sweat

Fitness doesn't just release mood-lifting endorphins into your body; it can also impact your energy levels. When you work out, you stimulate blood flow and begin to feel more awake. Taking a break for a short walk, a dance session, or even a quick set of pushups can help you refresh your mind and give you a new perspective when you go back to stressful tasks.

| Make Time for Good People

Do you have friends, family, or coworkers who leave you feeling exhausted? Those relationships are often a necessary part of life, but it can also be essential to create healthy boundaries, so people are less able to monopolize your time and energy. One way to help achieve balance is to schedule time to reconnect with people who leave you feeling refreshed and restored. Good friends can give a new perspective on the situations and environments that have been causing burnout. They can also provide a much-needed distraction, laughter, and positivity, which can replenish your mind, body, and spirit.

| Practice Breathing Exercises

Taking up a daily meditation practice, even for only 10 minutes each day, can help you stay fresh. When external or internal stressors weigh you down, stepping back to focus on your breathing can help you connect with your body, mind, and spirit equally, which allows you to recenter your intentions, nervous system, and thought patterns for the day.



| Tune into Your Spirit

What does your spirit need to feel restored? Stay tuned into what each aspect of your wellness demands. Try listening to calming music, rubbing diluted oils like patchouli or spearmint on your skin after conducting a skin patch test, or committing to daily prayer time.

| Schedule Free Time

If you're unsure how to practice self-care and recharge your body, mind, and spirit, set intentional free time in your calendar. You can use the time to do whatever you need most, whether that involves taking a nap, reading a book, adding essential oils to your bath, or going on a walk.



Conclusion **Effective Ways to Recharge Your Energy**

In our non-stop, high-stress society, the feelings associated with burnout are a common experience. Learning to identify its signs and establishing recharging practices is essential to your wellness. As you discover more about what's best for your mind, body, and spirit, consider investing in yourself by pursuing an educational wellness program. At Trinity School of Natural Health, you can become a Health Coach, Certified Natural Health Specialist, Aromatherapy Specialist, Holistic Fitness Specialist, and more. Call 800-428-0408, option 2, to talk to an enrollment specialist.



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References

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