

BURNOUT BUSTER

AVOIDING BURNOUT FOR BUSY PARENTS & CARERS



Exhaustion and Burnout got you in a spin?



As caregivers living in modern day society we are at extreme risk of severe exhaustion, burnout and overwhelm.

Severe exhaustion can affect many of the systems within the body. Our body naturally produces a number of hormones that help us deal with 'stress' (think fight or flight) including adrenaline, cortisol and oxytocin.

These hormones are released when the body is in a 'stressed state' which serves us well when the brain perceives we are in danger! However, when you are in a constant state of stress, your levels of cortisol can be come depleted and this will likely lead to many health issues.

When you are exhausted, burnt out or rundown you may experience:

- 📍 lowered immune function
- 📍 drop in the production & release of serotonin (happy hormone)
- 📍 drop in the production & release of melatonin (sleep hormone)
- 📍 increase in sugars in the blood (diabetes, weight gain)
- 📍 impaired digestive system function
- 📍 Increased risk of developing mental & physical chronic health conditions



This may show up in your life like:

- 📍 poor quality sleep - including interrupted sleep or difficulty falling asleep
- 📍 being prone to colds, viruses and bacterial infections
- 📍 depression, anxiety and mental health issues
- 📍 weight gain and other digestive issues
- 📍 systemic inflammation in the body (inflammation is an immune system response)



PREVENTION is the best way to approach this risk in our lives. Here are some strategies we know help ease some of the stress, exhaustion and overwhelm in your life:

NOURISH

Remove the sweet sugary snacks, processed foods and reduce the stimulants such as coffee, tea, cola's and chocolate in your diet. These cause issues with your blood sugar levels, mess up the brain chemistry and cause "brain fog".

Nourishing yourself with beautiful fresh food will give you energy and vitality.

- 🕒 **Hydrate every day**
- 🕒 **Whole Foods for energy and vitality**
- 🕒 **Reduce your sugar intake for clarity of mind & better performance**
- 🕒 **Good fats and protein for mental health**
- 🕒 **Quality sleep - essential for growth and repair of your body**
- 🕒 **Supplementation & essential oils may also be useful**



🌀 GET MOVING

Research strongly indicates that physical activity has profound positive effects on our mental and physical health.

Physical activity doesn't mean that you need to go and sweat it out at the gym for 2 hours a day. It means getting your body moving on a regular basis, where your heart rate is elevated and you are a little "huffy puffy" in your breathing.

We suggest:

- 🌀 **Find something you enjoy and with others**
- 🌀 **Create time – start with just 20 to 30 minutes a day**
- 🌀 **Start slow and set some achievable goals**
- 🌀 **Movement to music**
- 🌀 **Give it a go in the comfort of your own home**
- 🌀 **Get some professional help if you need it**



🕒 **MAKE TIME TO ORGANISE**

One of the best things I have ever done is create some simple systems and introduced basic organisation at home.

When you are organised, less chaos and fluster feature in your life. This creates more space and time for you and yours to do the things you enjoy or need to do.

You could:

- 🕒 **Meal Plan & Shop online**
- 🕒 **Create simple achievable to-do-lists (start with the easiest first)**
- 🕒 **Schedule your time in a diary**
- 🕒 **Delegate jobs in the home & ask for help**
- 🕒 **Medicines organisation/storage, charts & stock lists**
- 🕒 **Clear the clutter in the home, introduce simple storage solutions**



STRESS MANAGEMENT

The stress response in the body is a perfectly normal and natural way that our body keeps us "safe", you may have heard of "fight or flight". It is an immediate hormonal response and chemical reaction in our body in response to danger. When our body perceives it is in danger, it shuts off all "non-essential" body systems including the digestive system and "prepares us" to really fight or run. We have a release of a number of hormones including Adrenaline, Cortisol and Oxytocin (sound familiar?).

Now short term stress is one thing but when you experience a buildup of, and unmanaged, long term or "chronic" stress that is when we run into trouble. No living thing on the planet can survive long term stress. Essentially our stress hormones can become depleted and our ability to deal with "threatening" situations decreases.

From a very practical perspective, we want to share with you what you can do to deal with immediate and imminent stressful situations.

Your breath is key!

- 📍 Pay attention to your breath. Sustained regular, controlled, slower and even breathing - for a minimum of 2 minutes. Pay attention to your entire mind and body. How does it feel?
- 📍 Find some space to lie down, face down preferably in a star shape and do your breathing there. Stretching your body beforehand will give you added benefits.
- 📍 Interrupt the pattern with a walk, cup of tea, Epsom salts bath, call someone, put some music on, essential oils (chamomile, lavender, a blend) and homeopathic drops also work a treat . . . but don't forget those deep breaths.

Nutrition is also key!!!

Did you know that some proteins contain an amino acid called tryptophan? Tryptophan is considered as a "mood stabiliser", it in fact promotes the production and secretion of "serotonin" the happy hormone!

You can find tryptophan in Eggs, Salmon, Nuts and seeds to name just a few...

Here is some more detail on nutrition:

Hydration

Consuming at least 2 litres of water per day is essential for normal bodily functions. Lemon squeezed in a glass of water first thing in the morning is a great way to wake up, is a boost to your immune system and your liver will love you for it. Fail to consume enough and your body will not be able to function properly.



Whole Foods

It is no secret that when it comes to food, fresh and colourful is best. Vitamins/minerals, proteins, fats & complex carbohydrates are essential in our diet. Processed food has excess sugar & chemicals will negatively affect our health. These foods really do give us an abundance of energy, nourish every organ and contribute to clearer thinking and better overall performance. Think fruits, vegetables (green leafy's), other complex carbohydrates like rice and quinoa, lean protein & good fats. Flavour with beautiful natural herbs and spices and you are on to a winner!

Reduce your sugar intake

Did you know that any unused sugar in your body is converted and stored as fat? It contributes to the sluggish feelings that we get and our "mid-afternoon crash". Should you choose to eliminate processed sugar (or reduce) from your diet, within a week you will be surprised at the difference you notice in your mind, your thoughts and the clarity you will feel. If you need support, health food stores stock a range of homeopathic drops that will help with the withdrawals you could face.



Good fats and protein

Healthy fats & lean protein will nourish every cell within your body as they are jam-packed full of vitamins and essential minerals. I love nuts, seeds, avocados, grass fed lean meats, pasture raised chicken and deep sea fish like salmon (my favourite). Protein is particularly important for cognitive function. If you don't consume adequate amounts of protein in your diet, your body will convert your muscle to feed your brain, leading to lack of energy and stamina.



Serving sizes:

Nutrition Australia Guidelines on Healthy Eating:

<http://www.nutritionaustralia.org/national/resource/healthy-eating-pyramid>

Gut Health

Gut health is vital to optimal performance in mind and body. If your gut health is not great, you may find your mental health and cognitive function also suffer. Poor gut health is related to many systemic conditions in the body including chronic inflammation, allergies and disease. It should not be underestimated.

A great start to building great gut health is following the advice regarding nutrition and lifestyle in this document and adding some supplementation into your diet.

I love quality pro-biotics (refrigerated and in powdered form from your health professional), home-made bone broths like chicken or veg and fermented vegetables and an EPA/DHA Fish Oil.



If you are concerned or believe you are suffering from chronic burnout and exhaustion, I advise:

- [Booking](#) a 15 minute complimentary chat with me with the potential of being referred to a professional and/or developing a collaborative plan to get you back on track;
- You consult with a naturopath, nutritionist, integrative doctor, counsellor, psychologist, your GP or other health professional for further assessment and professional assistance;
- Choosing supplements that can support your body. You can access help from me or your health care professional.

Next steps . . .

1. Undertake a "self-assessment". What do you believe your biggest challenges are right now and what is achievable for you, given your circumstances. Start there.
2. Choose between 1 and 3 things to concentrate your energy on to start with. If you try and change everything all at once you really are setting yourself up to fall into overwhelm.
3. I recommend if you are having issues with sleep, your water intake is low and your sugar intake is high – they are **three great priority** areas for you to start with.
4. Along with getting some "huffy puffy" in your day. When you start moving, your food choices/cravings tend to change for the better too.

Need more intensive help?

Why not check out my upcoming live online program called [*The Overwhelm Antidote*](#)? You receive 6 weeks of online content and 10 weeks of support where you are provided with detailed information about what is in this booklet, implementation strategies, have 1:1 support, group coaching and have access to over 6 Masterclass interviews with subject matter experts! It starts May 1st, you can find out more [here!](#)

Have you joined our beautiful [Carers Connect Community](#)? If not, you can join and share with us any 'ahaaa' moments you have had, where you are at and of course what your plan is. We would like nothing more than to be your personal cheer squad!

I look forward to seeing you on the inside and of course a big thank you for taking the time to download this Guide with the vision of improving your own mental, emotional and physical health and wellbeing.

Until next time, take care of you!

A handwritten signature in black ink that reads "Cassie". The signature is written in a cursive, slightly slanted style with a long horizontal stroke underneath the name.

Please note - I am not a nutritionist or doctor. I share based on my own research, education and experience. If you are concerned about your own health, please consult with a health care professional.

Founding Director of [The Carers Place](#), Cassie Day, is driven to provide real and positive connection, support and valuable services to caregivers and parents alike.

Cassie's provides unconditional care & support for all people she comes into contact with. She has an innate ability to see each person as an individual, free of judgement with an abundance of understanding compassion.



Her holistic analytical skills coupled with her positive can do attitude mean that her clients walk away uplifted, motivated and see the light at the end of the tunnel. A solutions focussed health & fitness professional, Cassie sets all clients up for success.

The Carers Place provides information, education, inspiration and support for all carers with an emphasis on optimal mental, physical and emotional health and wellbeing outcomes for the carer and their family.

Cassie is the mother of two gorgeous, energetic boys, Matthew (15) and Joshua (13) and is also Matthew's carer who faces daily challenges with Cystic Fibrosis, an Acquired Brain Injury and a variety of special education & other needs.



Cassie has limited places available for peer support and mentoring, working closely with you to create ease, less stress, more organisation and bucket loads more energy in your life.

Book your complimentary 15 minute chat with Cassie today.

[BOOK MY COACHING DISCOVERY SESSION!](#)



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