



Speaker 3

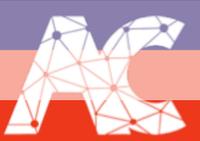
Tired? Busy? Stressed? How to Avoid Burnout and Thrive in your Life



Dr Kylie Dodsworth

80% of people surveyed about their health state that they feel “tired all the time”. How do you shift from being one of them...? Or prevent yourself from becoming one of them?

We will discuss one of the leading causes of burnout, and how to use targeted and effective strategies to overcome fatigue and create the energy you need to live your best life.





Tired? Busy? Stressed? How to Avoid Burnout and Thrive in your Life

Disclaimer

PLEASE NOTE: The content of this seminar is for educational and informational purposes only. The content should not be used for diagnosis or treatment of any condition or disease. The information presented is for illustrative purposes only. No express or implied guarantee of results is made. If you are currently being treated by a physician or other healthcare practitioner for any condition or disease, please consult with that provider prior to changing or modifying any treatment program.

What will we learn today?

- 80% of people surveyed about their health generally state that they feel “tired all the time”.
- There are 5 main causes of fatigue, which are so often overlooked
 - thyroid issues
 - adrenal issues
 - nutritional deficiencies
 - poor sleep
 - stress
- Tonight we are going to focus on the adrenal glands and how to use targeted and effective strategies to overcome fatigue and create the energy you need to live your best life.



Where are the adrenal glands and what do they do?

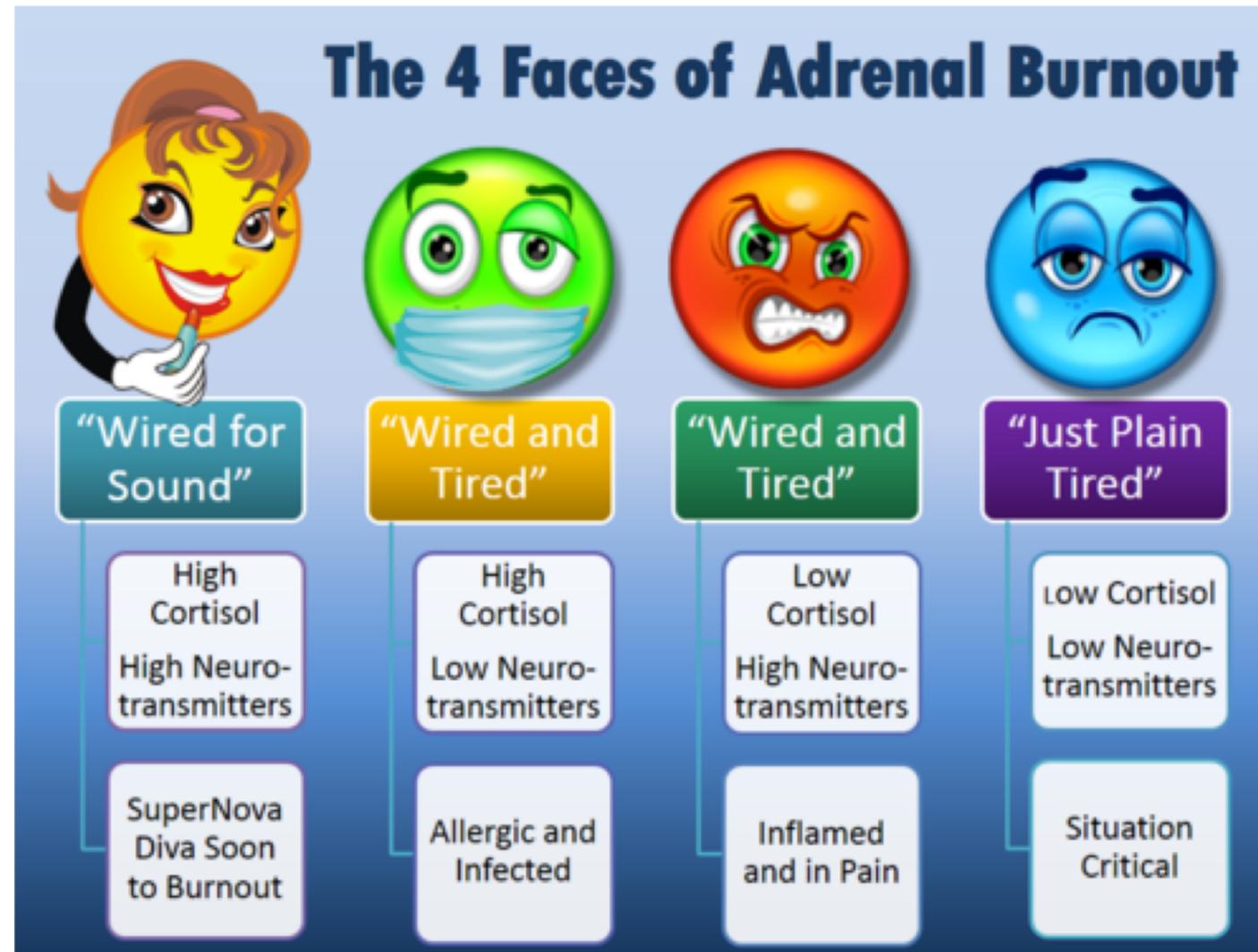
- Your adrenal glands sit above your kidneys and produce a number of different hormones:
 - * The stress hormones adrenaline, noradrenaline and cortisol
 - * Your 'androgen' hormones called DHEA and testosterone which assist in the structure, function and regeneration of the body
 - * And a hormone called aldosterone which controls the salt and fluid balance in your body which impacts on your blood pressure



What is 'adrenal fatigue' or 'burnout'?

High Cortisol	Low Cortisol
<ul style="list-style-type: none">• Stressed feeling• Insomnia/sleep disturbances• Weight gain around waist• Hypothyroidism• Tired and wired feeling• Infertility/PMS/Menstrual Irregularities• Cravings• Irritability• Loss of muscle mass• Heart palpitations• High blood pressure• Insulin resistance• Shaky or lightheaded if a meal is missed• Frequent colds/flu• Low libido• Headaches• Loss of scalp hair	<ul style="list-style-type: none">• Fatigue• Aches and pains• Cold/low body temperature• Irritability• Depression• Heart palpitations• Allergies• Sugar cravings• Morning sluggishness• Low libido• Impaired memory• Chemical sensitivity• Low blood pressure• Dizziness upon standing

How bad is my 'adrenal fatigue' or 'burnout'?



So how do we fix it?

- The first step is to focus on shifting the imbalances that you have personal control over – your diet, your mind set, your sleep habits, and your nutritional intake
- Learning to focus on one thing at a time and being strategic about what that one thing is.
This is a skill you can learn by reading “The One Thing” by Gary Keller
- Create focused blocks of time of no more than 90 minutes and keep your attention only on what you need to achieve in that block of time.
- Read Robin Sharma’s “21 Tips to Become the Most Productive Person You Know”



Gratitude and Appreciation

- DHEA – is one of our adrenal hormones and is called the ‘anti-ageing’ hormone as it signals to our cells to heal, repair and regenerate
- it is the dominant hormone in the brain and is also found throughout the body
- Its also ‘the hormone of gratitude’ and when this is high... Cortisol stops surging
- Practice gratitude – a daily journal, or simply think of 3 things each day that you are grateful for and really let yourself appreciate those things – spend some time thinking about them and really embody the feelings of love, appreciation, gratitude, connection



Meditation

- Sign up for a meditation class, or download an App.... and learn to meditate
- The essence of meditation is simple, there are only 2 steps....
 - 1) focus your mind on one thing, be it the breath, a word, a phrase, a sound, an image, or a guided meditation
 - 2) when your mind wanders from that one thing, and it will, just say “Oh well” and bring your attention back to the one thing. No judgement, no resistance.
- Start with just 2-3 minutes then build up to 20 minutes in the morning, evening or even twice a day



Regain a sense of control...

- Identify the situations and relationships which are the most draining and find solutions to minimise exposure to these or limit exposure to set time frames so they are no longer all consuming
- Look at each situation and ask – *“Can I change it?”* or *“Can I change the way I deal with it”* or *“Can I leave the situation?”*
- If a situation must continue, look at reframing your attitude to it
– *YOU CAN CHANGE YOUR STORY* 😊
- Practice moments of relaxation throughout the day, building in some unstructured time in the week, planning short holidays (weekends) away and an extended holiday away (weeks)



And Breathe.....

- Fritz Perls, the psychiatrist and founder of Gestalt therapy said

“Fear is excitement without the breath”

- Essentially, the same neural pathways, chemicals and hormones are released for a fear response as for the response of excitement – the only difference is whether we hold our breathe... or allow it to flow....

- Gay Hendricks from “The Big Leap” says

“Any fear can be transformed into excitement by breathing fully with it”

- So take big, relaxed breaths, and if you do this even more, your excitement turns into exhilaration..... LET’S DO THIS!!!



Supporting the adrenal glands

- A mid-morning or mid-afternoon slump is really common with ‘adrenal fatigue’
- It is MUCH more beneficial to be able to physically lie down for 15-30 minutes at these times than to simply try to rest sitting up. If at all possible, schedule a break at the time you are most tired and lie down. You don’t need to sleep, just get horizontal!
- When we are lying horizontal, special ‘stretch receptors’ in the body detect the change in our position and the shift in gravity
- This stimulates a relaxation response which helps to tone down the sympathetic drive to the adrenals in a much more effective way than just sitting up and resting
- A 10-15 minute meditation while sitting up is also very effective at stimulating a relaxation response in your body



Supporting the adrenal glands

- If you have severe adrenal fatigue you may well feel wiped out by exercise and while it is still important for you to move your body and get outside in nature, you must do this gently and within your capacity
- Go for a 15 minute walk, or doing a yoga class, or Tai Chi, or simply stretch at home
- If you try to do heavy exercise when your adrenals are really underactive, it becomes just another stress on your system and this can deplete you further – you must step back and stop
- If you have mild adrenal fatigue, exercise helps with recovery. Choose something you enjoy and if possible, choose a mix of aerobic, anaerobic and flexibility based programs through the week
- *Do something every day and listen to the feedback from your body*



Supporting the adrenal glands

- Maintain healthy and steady levels of blood glucose by eating natural, high nutrient foods at regular and frequent intervals
- Avoid high sugar, high GI foods which spike insulin and then cause a crash
- You may well be looking to caffeine which stimulates your adrenals but then further stresses them, and people also look for pick me ups through high sugar, high fat and high salt foods
- What you need instead is high protein, low GI carbs and healthy fats on a regular basis through the day
- Hypoglycaemia overnight is a common cause for poor sleep and night sweats for people with adrenal fatigue so have some nuts or a light protein snack before bed if needed
- Use a good quality sea salt added to food, or ¼ tspn in water 2-4 x day for low blood pressure and light headedness, or severe salt cravings.

Supporting the adrenal glands

- The adrenals love B vitamins, particularly B5 and B6 – a good B complex should have about 50mg of each
- The adrenals have the highest concentration of vitamin C of any of the organs in the body. Take vitamin C with added bioflavanoids - 1000mg twice a day
- Add in magnesium 200mg 1-2 daily
- ‘Adaptogenic’ herbs include Withania, Ginseng, Rhodiola, Licorice.
- You may need to take adrenal hormones including DHEA, testosterone, hydrocortisone and fludrocortisone if you have severe adrenal insufficiency – you would need to see an integrative GP for hormone management



How to sleep more soundly

- Put away those devices in the evening, limit screen time and reduce it to zero for the last hour before sleep. Ideally don't have these devices in your bedroom and certainly not next to your head in bed
- Dim your lights or use lamps in the evening
- Have a set routine prior to going to bed
- Make sure you exercise sometime during the day and get outside into nature
- Don't eat too much for your evening meal and try to eat at least 2 hours before you need to sleep
- Practice a meditation or relaxation before you go to sleep...
- Watching candlelight (or firelight) stimulates melatonin – just a few minutes is enough



How to sleep more soundly

- Aim to go to bed before your 'second wind' kicks in around 11.00pm.
- Sleepiness comes on in cycles so catching the 'crest of the wave' is important so as soon as tiredness sets in, head for bed rather than doing 10 things before you go to bed
- Taking melatonin is often helpful – start with 3mg and increase to 6mg or even up to 10mg if needed. Purchase this through www.iherb.com and order:
- “Life Extension melatonin 3mg”, or 3mg SR (a sustained release formula if you get to sleep Ok but always wake in the night), or you can get 5mg, or 10mg, or fast acting drops - depending on what you need. Start with the standard 3mg capsule – 1-2 at bedtime
- If you feel groggy in the morning, take it earlier in the evening, or order a 1mg or a 500mcg strength



How to sleep more soundly

- There are some lovely herbs and nutrients which can help with sleep, as well as homeopathics and essential oils
- Camomile, passionflower, lemon balm, valerian are all available as herbal teas or as tablets
- You can purchase herbal sleep formulas through your local pharmacy or health food store
- Brauer homeopathics have tablets you dissolve under your tongue called “Sleeplessness and insomnia relief” – from your local pharmacy – take 1-2 tablets under the tongue 30 minutes prior to sleep
- Put lavender oil on a tissue and then inside your pillow case
- Magnesium helps to relax our muscles and can also help with sleep
- L-theanine, L-tryptophan GABA are nutrients which can help but always consult with a practitioner prior to commencing these

How to sleep more soundly



That's it folks!
Any Questions?

CONNECT WITH ME: @DrKylieDodsworth

