

# Banish burnout

Feeling frazzled? Work getting on top of you? Here's how to avoid getting burnt out with some top tips from the UK's leading experts

It's hard to keep that work/life balance on an even keel sometimes. Juggling the demands of running a home, looking after your family and longer working hours can leave you feeling positively frazzled. When we're burnt out our minds and bodies simply can not cope any longer. Classic signs of burn out are irritability, apathy, exhaustion, detachment and even depression. So how do you bring a bit of equilibrium and harmony back into your life. Here, our experts explain how...



“ Food can act as a great stress buster, uncluttering an overactive mind. To help reduce stress, aim to keep your blood sugar level balanced by eating low GI food, alongside protein-rich foods. Most unrefined

carbohydrates, such as fruit and vegetables and whole-grain foods like oat-based products, fall into the low GI category. Aim for magnesium and calcium-rich foods like nuts, seeds and wholegrains and tryptophan-rich foods, like mangoes, oats, and pumpkin seeds, which help the body produce the 'happy hormone' serotonin and melatonin, to calm and relax. ”

Morna Laird, nutritionist and founder of [moodfoodcompany.co.uk](http://moodfoodcompany.co.uk)



“ In ayurveda, daily self massage is an important part of health maintenance, used to regulate your constitution (dosha). It can be particularly helpful when you're feeling overloaded and burnt out. Use

a cold pressed organic sesame seed oil, high in oleic and linoleic acids, as a soothing and nourishing massage oil that will have a strengthening effect on the whole system while helping to promote sleep. Warm gently in your hands and apply a small amount to coat the skin, starting with the feet and legs. Allow at least 10 minutes for the oil to be absorbed before washing off in a warm shower or bath. ”

Orna Canavan, ayurvedic practitioner of [Pukka Herbs](http://Pukka Herbs)



“ At times of stress your adrenal glands produce excess cortisol – a hormone which has numerous actions in the body including preventing the uptake of serotonin by the brain

resulting in the symptoms of anxiety and depression. Try taking a magnolia and rhodiola complex – magnolia helps to eliminate cortisol from the body and hence achieve a balance while rhodiola increases serotonin uptake to elevate your mood and relax your body. Also drink lots of green tea as it contains a substance called theanine which helps to increase alpha wave production which helps to relax brain. ”

Dr Shabir Daya, pharmacist at Victoria Health



“ If you have a relentless schedule (and nowadays most of us do) then you must schedule down time – daily, weekly, monthly and annually in order to renew and stay in

balance. Experiment with what works for you and develop your formula for staying healthy and stress-free then make these habits uncompromised rituals to ensure you don't drift into a spiral of stress and burn out. ”

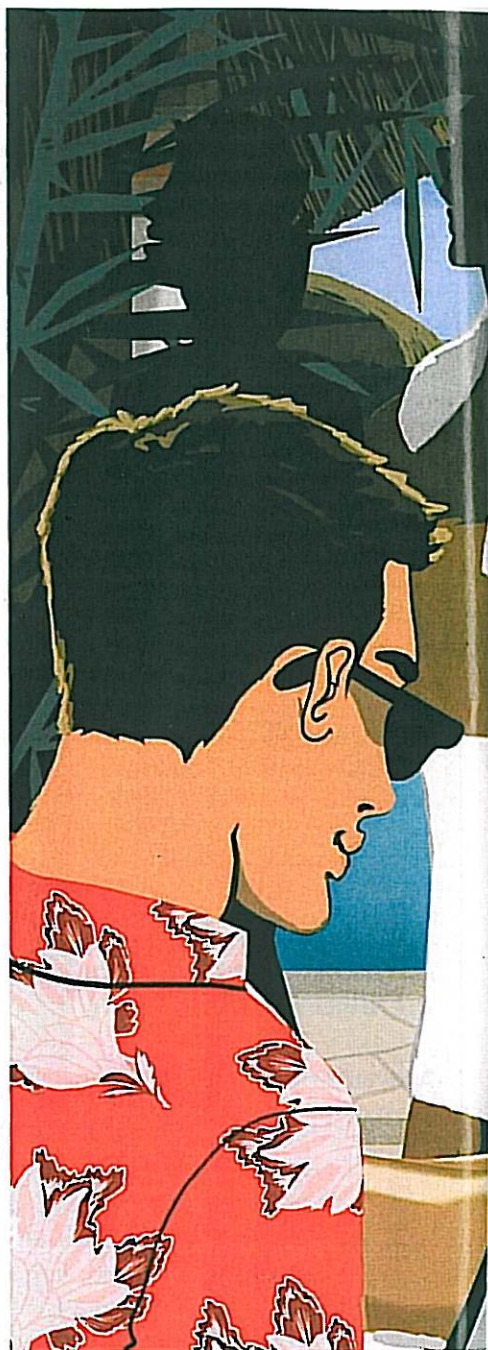
Alyssa Abbey, energy expert



“ Use this quick emotional freedom technique which is for work problems and stress. Gently with two fingers under your eye and say at the same time with conviction (preferably out loud), 'Even though I feel

stressed and burnt out I completely love and accept myself'. Repeat the above three times. Give your stress level a score out of 10 before you begin and then afterwards and see how much it has lessened. Carry on until you reach zero. ”

Carey Mann, EFT and NLP practitioner



“ Try a progressive muscle relaxation technique and notice how different your body feels. Find a quiet place and make yourself really comfortable. Begin by focusing on your breathing and notice your

breathing becoming slower and deeper, moving down toward your stomach. Then focus on the muscles at the top of your head and concentrate on relaxing those muscles, releasing any tension and stress. Move on to the muscles in your neck, your shoulders, down your back, down your chest and down into your stomach. Move down your body relaxing your muscles slowly and releasing any tension until you reach the very tips of your toes. Notice how calm and still your mind and body feel once you have reached your toes. Do this every day and you will notice your stress levels reduce dramatically and burn out will be a thing of the past. ”

Victoria Wills, hypnotherapist