

# Healing from Burnout

## Signs of Burnout

- Feeling exhausted (a good night's sleep does not help)
- Frequent headaches
- Frequent gastrointestinal problems
- Inability to focus
- Feeling disconnected
- Lack of motivation
- Decreased satisfaction

## Steps to Heal from Burnout

- Identify the source (work, expectations from self, expectations from others...)
- Ask for help
- Get support and talk it out
- Set boundaries for yourself
- Practice self-care
- Spend time in nature
- Exercise moderately (walking)
- Eat densely nutritious foods to give your body the proper fuel it needs

## 6 Superfoods for Burnout

Focus on Plant foods that are unprocessed, unrefined and unpackaged, which are going to do more for your immune system than you can imagine.

1. Dark green leafy vegetables – kale, spinach
2. Fiber rich fruits – strawberries, pears, apples, raspberries
3. Nuts & Seeds (and Dark Chocolate) – high Magnesium foods are essential for healthy nervous system support, energy production and for muscle relaxation
4. Legumes – black beans, edamame, lima beans
5. Whole grains – quinoa, brown rice, oatmeal
6. Omega 3 foods – salmon, walnuts, kidney beans

*And it should go without saying, lots and lots of water*

## What to avoid during Burnout

- Caffeine
- Alcohol
- Sugar
- White flour
- Processed foods