

# Mental Health Matters

In 2019, the World Health Organization officially recognized burnout in its international classification of diseases. Studies show that people who report signs of burnout have enlarged amygdalas, the area in the brain that regulates fear and aggression. But burnout isn't an academic exercise. It's an all-consuming, systemic condition. It's your entire body sending you one clear message. Something has to change and it has to change now. Put simply, burnout comes from a deep imbalance. Too much stress with too few rewards. You're exhausted. Depleted. You no longer have patience, pleasure, or serotonin. This is the end. Unless you turn it into something else and find your path to recovery. Pick the pieces you want from your life and find a new way forward.

We all need time to look after ourselves it's okay to be selfish and too provide time aside for you.

## There are 7 types of rest:

Emotional	The freedom to express freely and feel	<ul style="list-style-type: none"> <li>• Ask for help if you need it.</li> <li>• Talk to a friend or family member</li> </ul>
Creative	Allowing beauty to inspire awe and wonder	<ul style="list-style-type: none"> <li>• Go for a walk, look around</li> <li>• Do some mindfulness colouring</li> </ul>
Social	Maximising time spent with the right people	<ul style="list-style-type: none"> <li>• Go out for walks with family or friends</li> <li>• Call someone that makes you smile.</li> <li>• Have family dinners in person or via video chat to reconnect to your loved ones.</li> <li>• Cut out the people who don't make your heart sing.</li> </ul>
Sensory	Limiting sensory inputs	<ul style="list-style-type: none"> <li>• Put your phone away after 7pm</li> <li>• Turn off your emails on your phone</li> <li>• Limit your usage of social media</li> <li>• Get enough sleep</li> </ul>
Mental	Quieting the mind	<ul style="list-style-type: none"> <li>• Do mindfulness colouring</li> <li>• Cook or bake a wholesome home cooked meal</li> <li>• Seek help via your GP or counsellor</li> </ul>
Physical-	Restoring the physical body	<ul style="list-style-type: none"> <li>• Make time for relaxing, hobbies and calls with friends and family.</li> <li>• Make time for relaxing, hobbies and calls with friends and family.</li> <li>• Go for a walk</li> <li>• Go to the gym</li> <li>• Get enough sleep</li> <li>• Eat wholefood and nutrients</li> </ul>
Spiritual	Connecting to something greater	<ul style="list-style-type: none"> <li>• Listen to music that connects to your soul and brings you happiness</li> <li>• Pray to your God</li> <li>• Go for a walk on the grass with no shoes on, feel the grass between your toes.</li> <li>• Stand outside and listen to the world around.</li> </ul>

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## OVERCOMING BURNOUT

