



Creating Balance

Beating Burnout and Overcoming Stress
Through Self Connection and Mindset



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easewellness.com.au

Explore
PERCEPTION
with curiosity

Relate to
STRESS
differently

Respond to
EMOTIONS
with skill

SPECTACULAR
self-care
FROM THE INSIDE OUT





01

Everything
is connected



02

Your body
holds the
answers

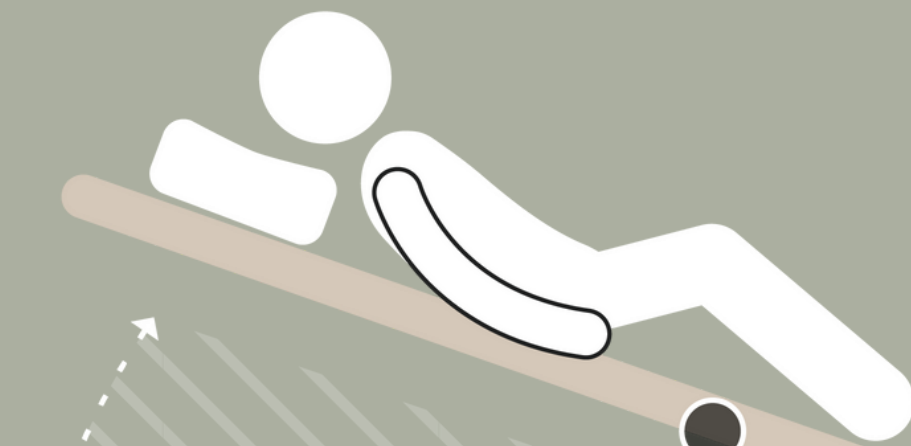


03

Emotions
are power

Eu-Stress

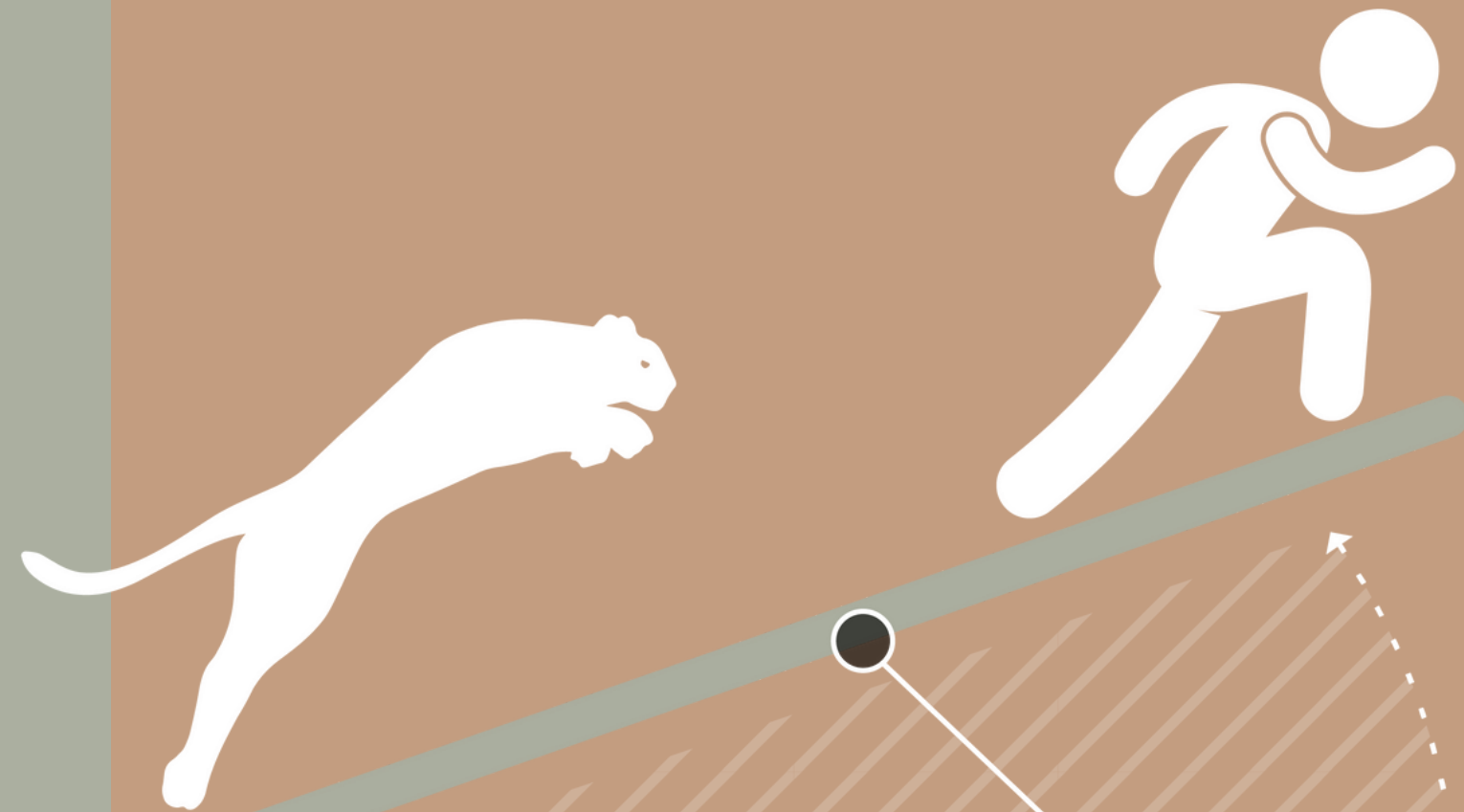
Stress that benefits YOU



Parasympathetic

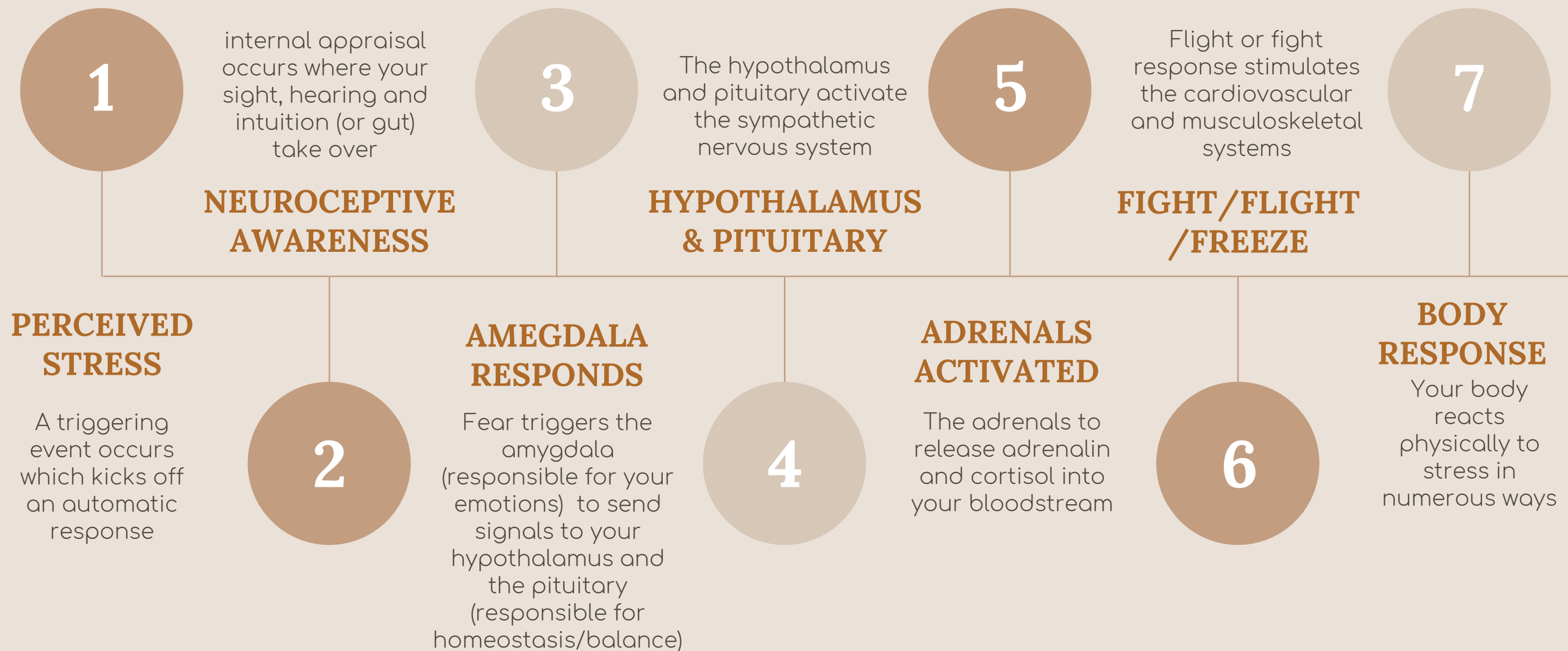
Dis-Stress

Stress that DISEMPOWERS you



Sympathetic

Automatic STRESS *response*





How your body communicates

EFFECTS ON THE BODY



Concentration & focus issues, anxiety and mood disorders, sleeping issues, headaches and lethargy



Greater risk of heart attack due to increased blood pressure and cholesterol



Lowered immunity and reduced ability to fight off colds and flus



Stomach cramps, nausea, gut/brain axis and vagus nerve issues.



Loss of libido, increased menstrual pain for women and lowered sperm count in men

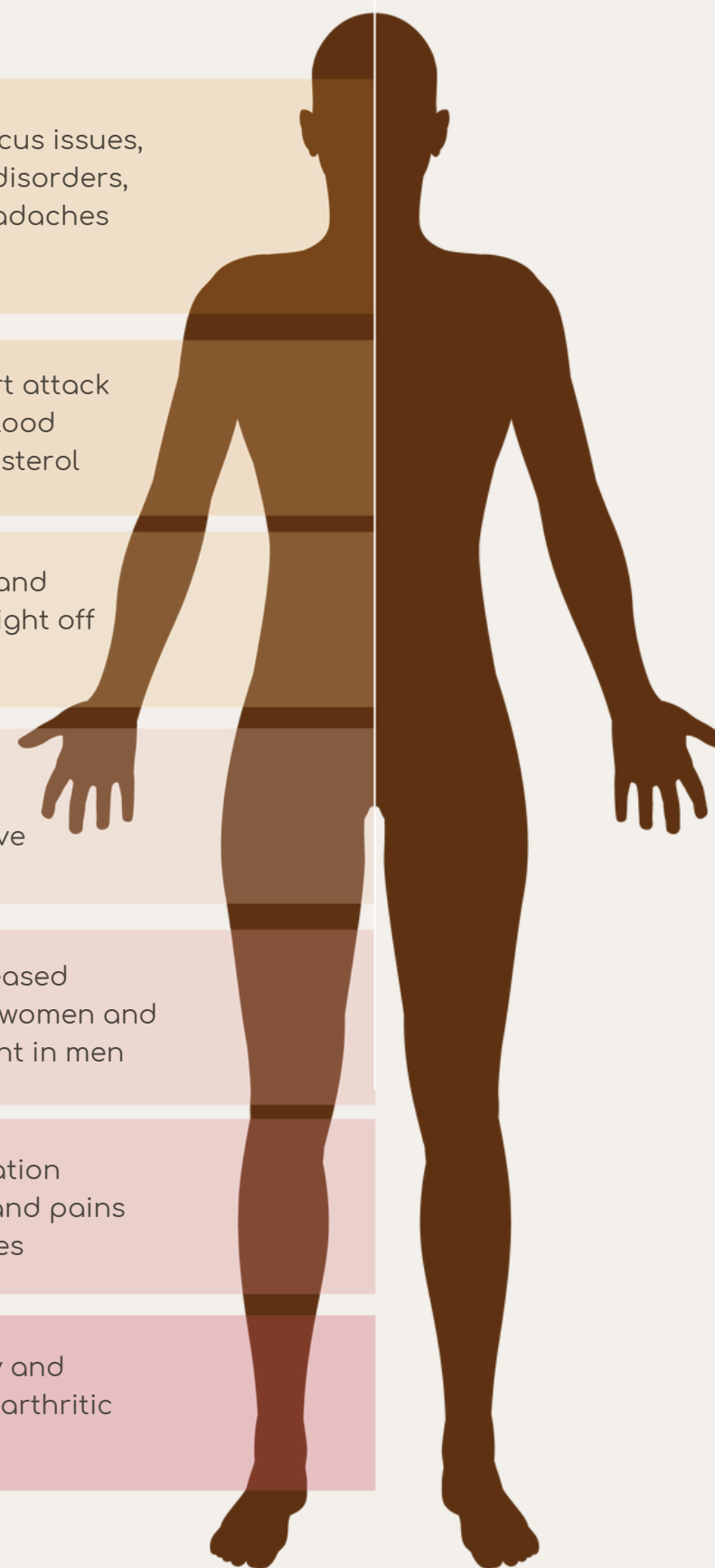


Increased inflammation resulting in aches and pains in joints and muscles



Lower bone density and higher risk of osteoarthritic conditions

stress



SYMPTOMS

Headaches



Sleeplessness



Teeth Grinding



Concentration Issues



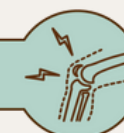
Weight Gain



Anxiety & Worry



Aches & Pains



Stomach Issues



Low Libido



Skin Irritation



Lowered Immunity



The key to mastering your stress is to
master your

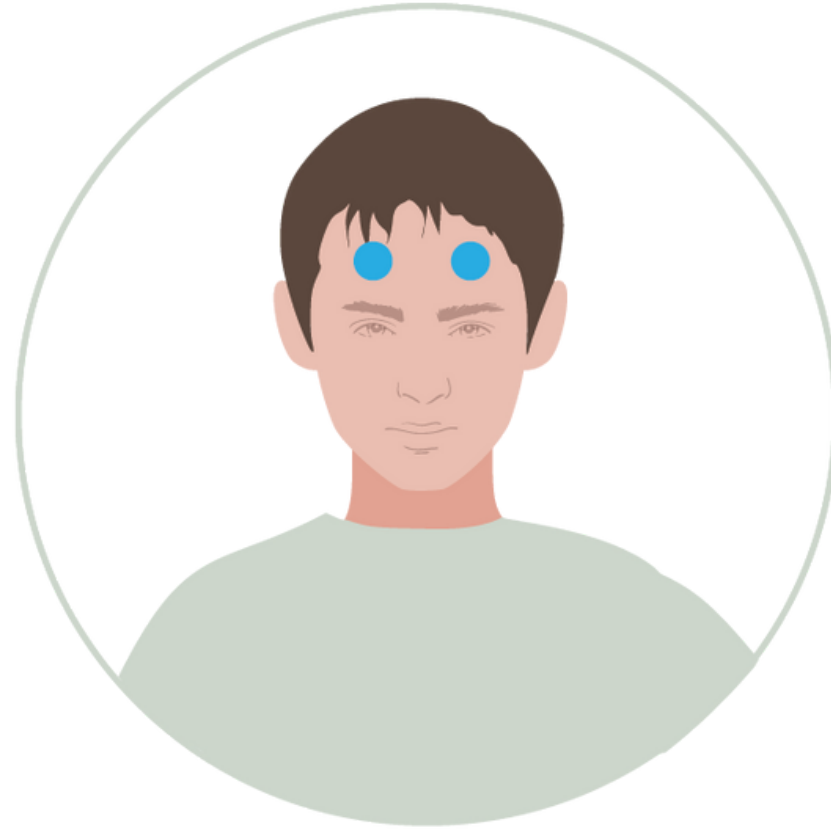
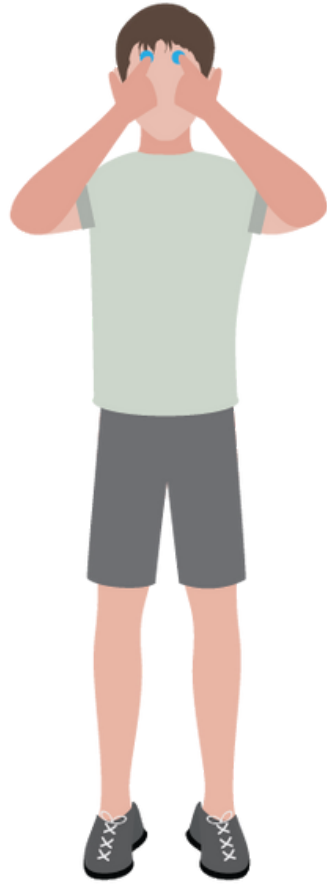
PERCEPTIONS

BURNOUT

Your body doing the job of your mind

Stress Relief Techniques

1



EMOTIONAL STRESS RELEASE (E.S.R.)

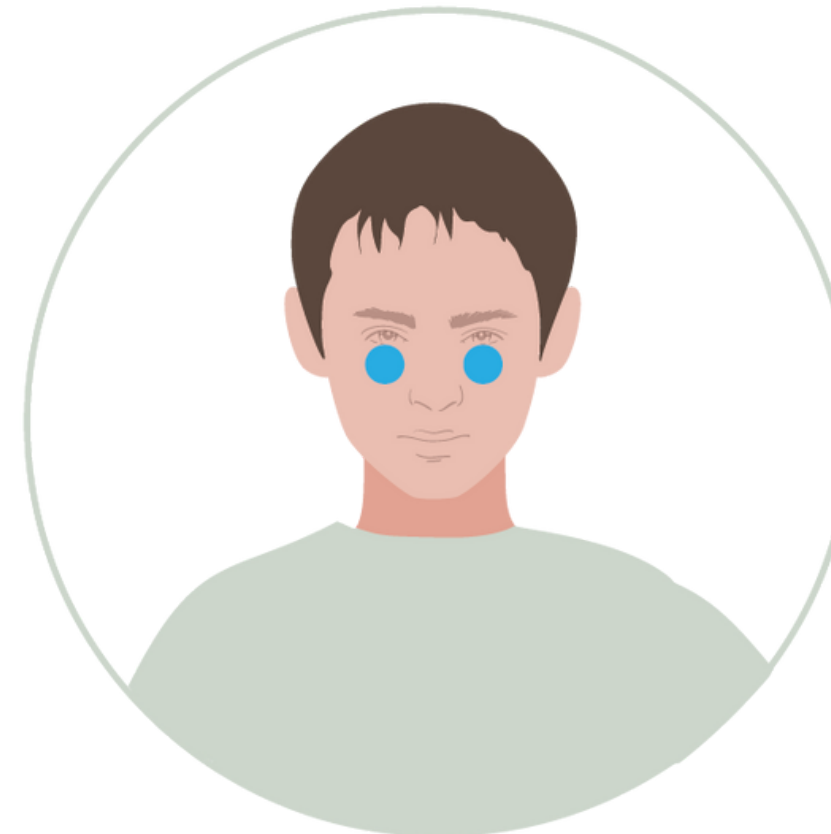
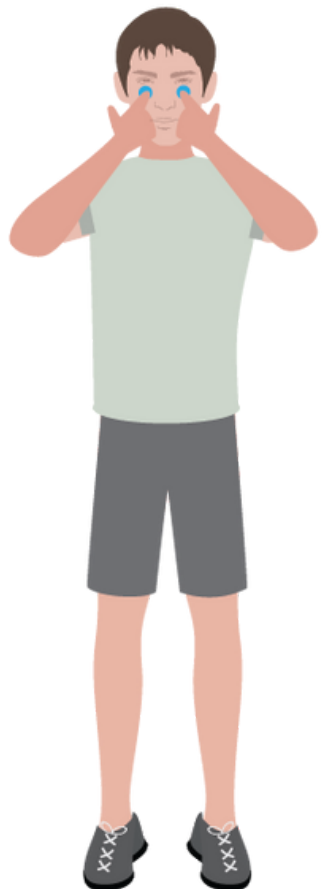
HOW TO:

1. Close your eyes and lightly hold your frontal eminences (found on the forehead about 3-4 finger widths above your eyes)
2. Focus on the stress or problem you want to overcome
3. Breathe and relax until the stress passes

BENEFITS:

Aids in rebalancing your emotions and releasing pent up energy. Creates a sense of lightness and clears mental fog by encouraging blood to the frontal lobe of the brain where we think creatively. When the frontal lobe is engaged we tend to find new ways of looking at old problems, new possibilities and alternate solutions.

2



OVERWHELM RELIEF POINTS St1 EFT

Tapping has been clinically proven to reduce cortisol levels and overcome anxiety. It helps you access your body's energy and send signals to the part of the brain that controls stress.

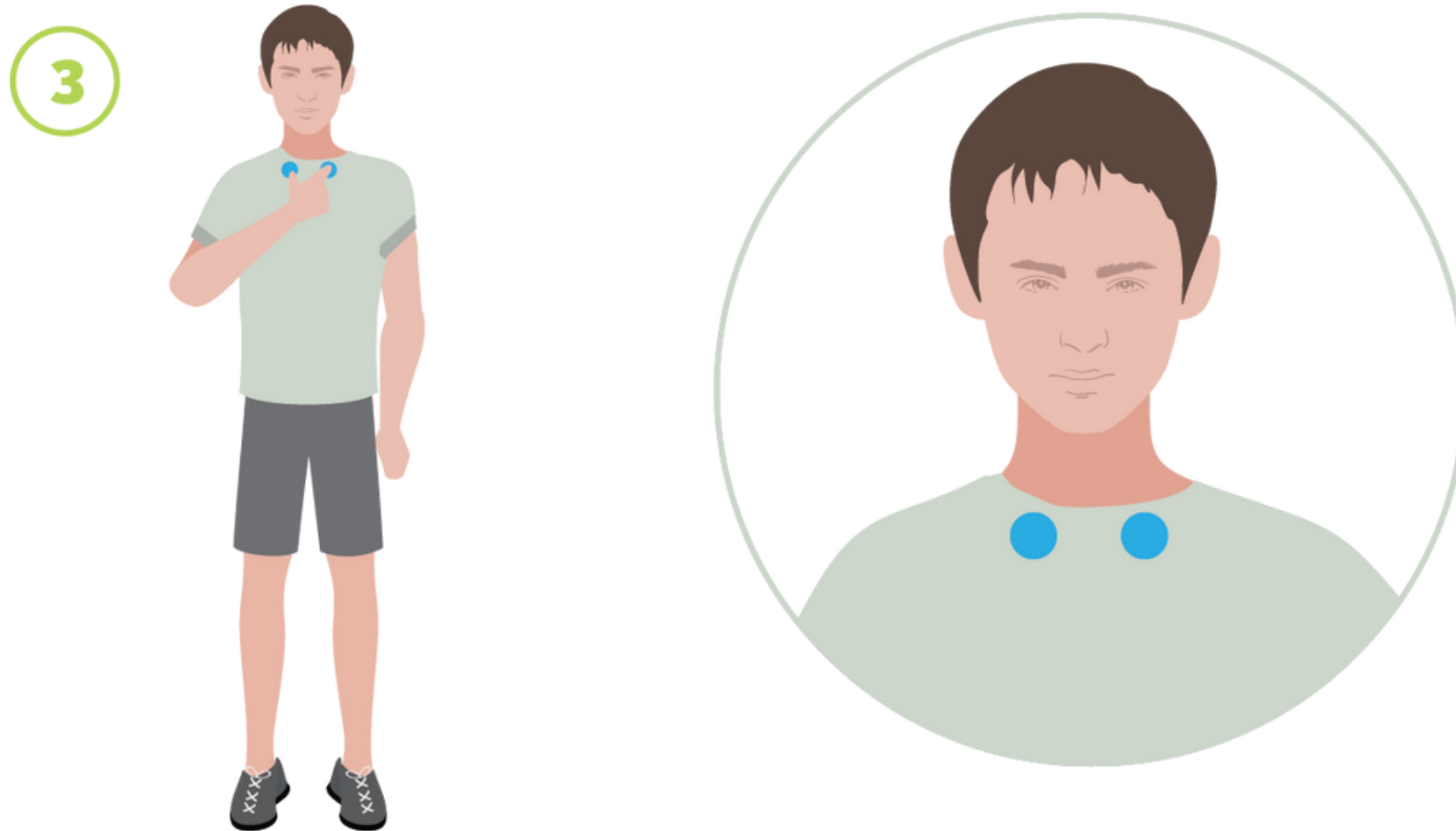
By tapping the end point of your stomach meridian, it helps overcome unwanted sensations of nausea and overwhelm.

HOW TO:

Lightly tap the points below your eyes whilst breathing slowly in through your nose and out through your mouth.

BENEFITS:

Reduction of overwhelm, improved stress tolerance and emotional processing; decreases stomach discomfort.



ANXIETY RELIEF POINTS K27 EFT

Stimulating meridian points through EFT tapping can help process negative emotions and restore balance to your body and mind.

By tapping the end of your Kidney meridian, you can overcome states of fear and anxiety, and reach a state of calm quickly.

HOW TO:

Lightly tap the points below your collarbone whilst breathing slowly in through your nose and out through your mouth.

BENEFITS:

Anxiety reduction, improved stress tolerance and emotional processing; particularly fear and anxiety.

Toning the Vagus Nerve

The vagus nerve is the longest nerve in your body. It wanders through your body, connecting the brain stem to the rest of the body. It's how the brain communicates with the other organs and tissues.

Sometimes the vagus nerve can be damaged and low in tone. When this occurs certain symptoms can manifest including:

- Poor emotional regulation
- Anxiety
- Lowered attention span
- Depression
- Increased inflammation
- Abdominal pain
- Unusual heart rate or blood pressure
- Nausea
- Ear pain
- Loss of voice
- Lowered stomach acid

The good news is, we can stimulate our vagus nerve by engaging in certain activities which include:

- Deep Breathing
- Meditation
- Cold water immersion
- Singing

BELIEFS

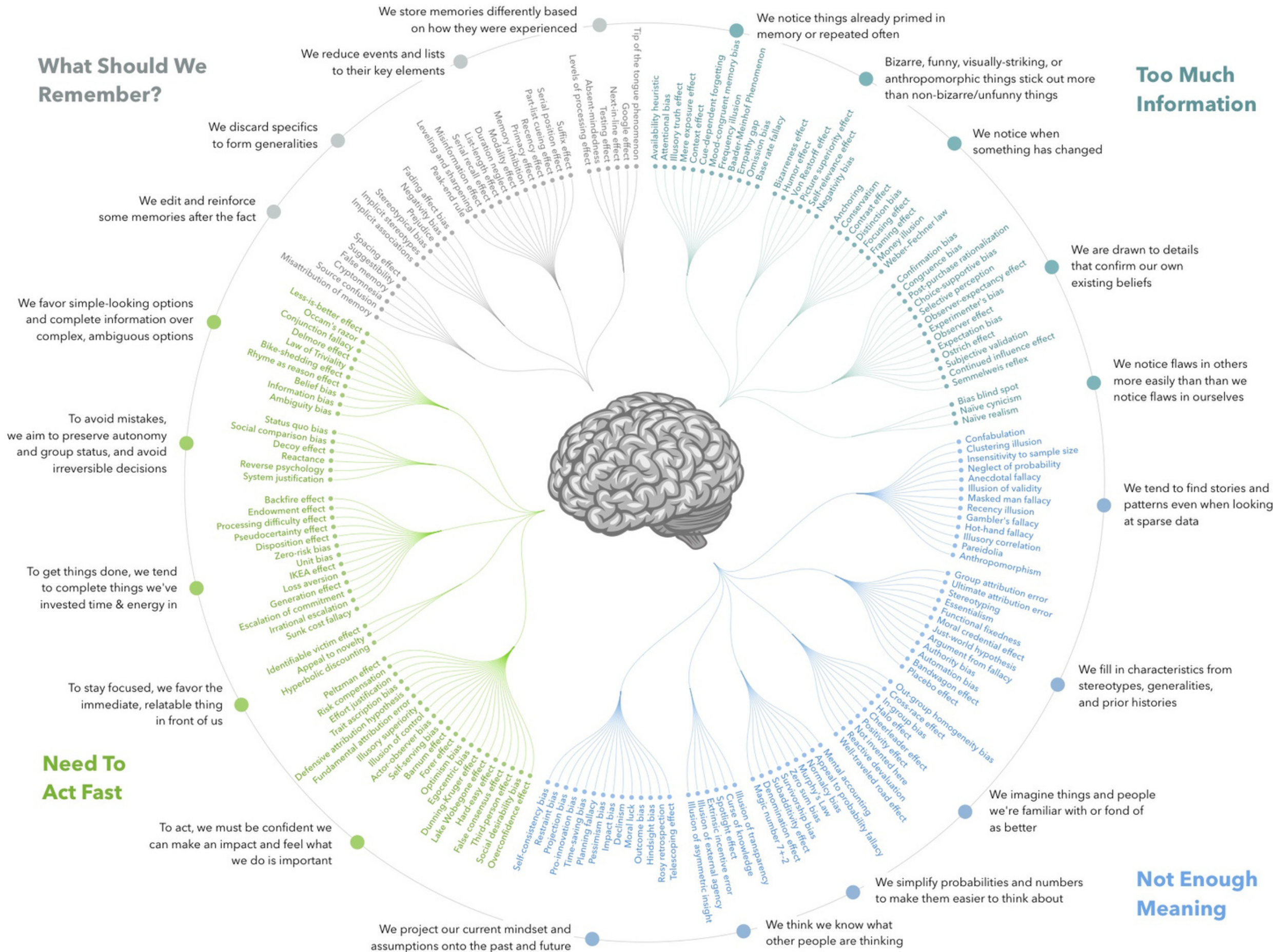
belief > thought > behaviour > action > result

Cognitive Bias Codex

A cognitive bias is a systematic pattern of deviation from norm or rationality in judgment.

Individuals create their own "subjective reality" from their perception of the input.

An individual's construction of reality, not the objective input, may dictate their behavior in the world. Thus, cognitive biases may sometimes lead to perceptual distortion, inaccurate judgment, illogical interpretation, or what is broadly called irrationality.





"Seeing is *believing*"

"Believing is *seeing*"



DR. LISA FELDMAN BARRETT PHD
HOW EMOTIONS ARE MADE

4 primary *limiting beliefs*

I'm not
WORTHY

...of love
...of a promotion
...of a partner

01

I'm not
VALUED

...at home
...at work
...in my family

02

I'm not
ENOUGH

...so I have to work
extra hard to prove
myself

03

There's
never enough
TIME

...to do what I want
...to get things done
...to help my family

04

01

Everything is connected

Nothing works in isolation.

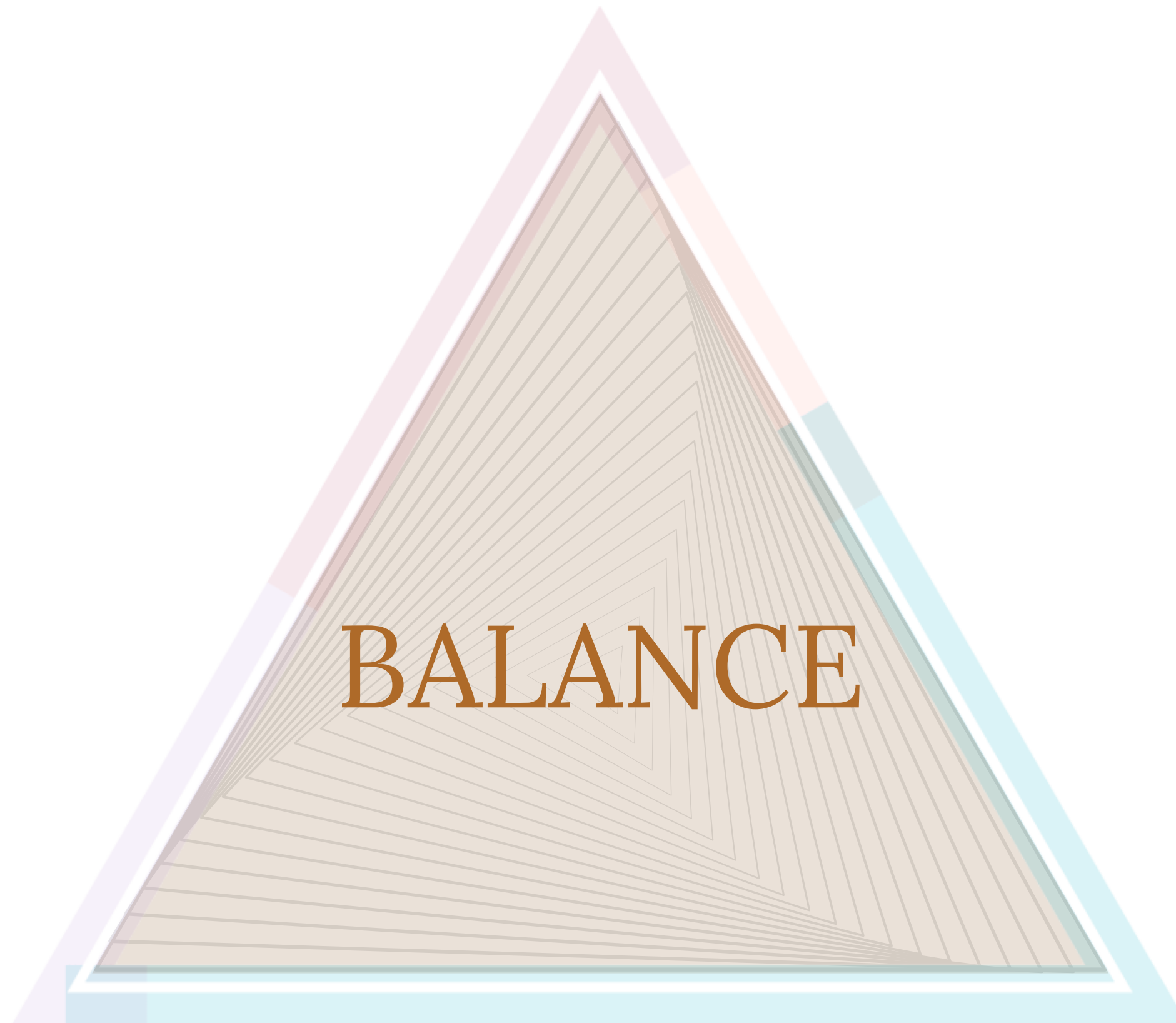
Trying to overcome stress and burnout by focusing on only one aspect is missing out on a greater opportunity to overcome the stressors, heal quickly and move forward in life.

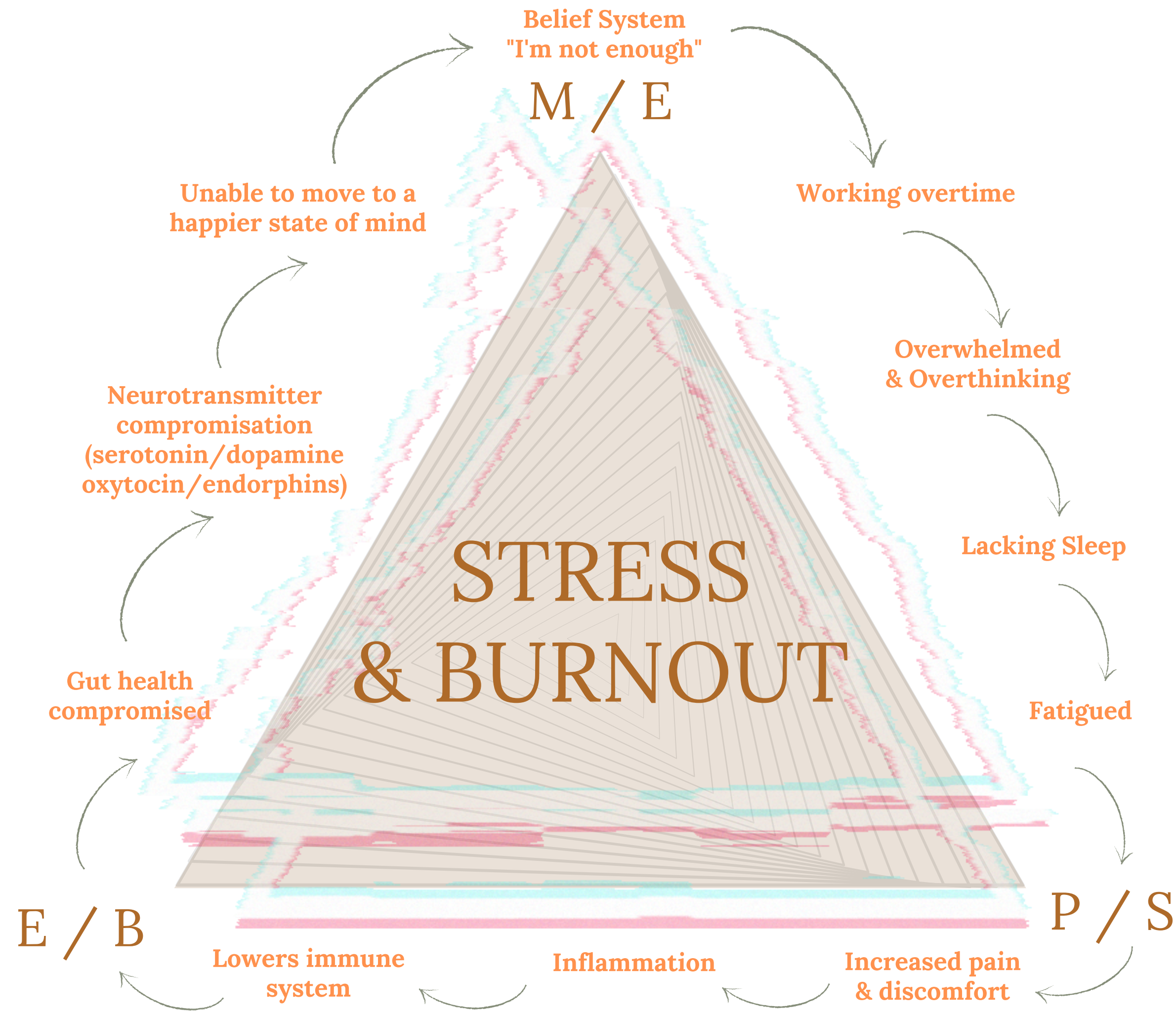
Mental
Emotional

BALANCE

Environmental
Biochemical
Social

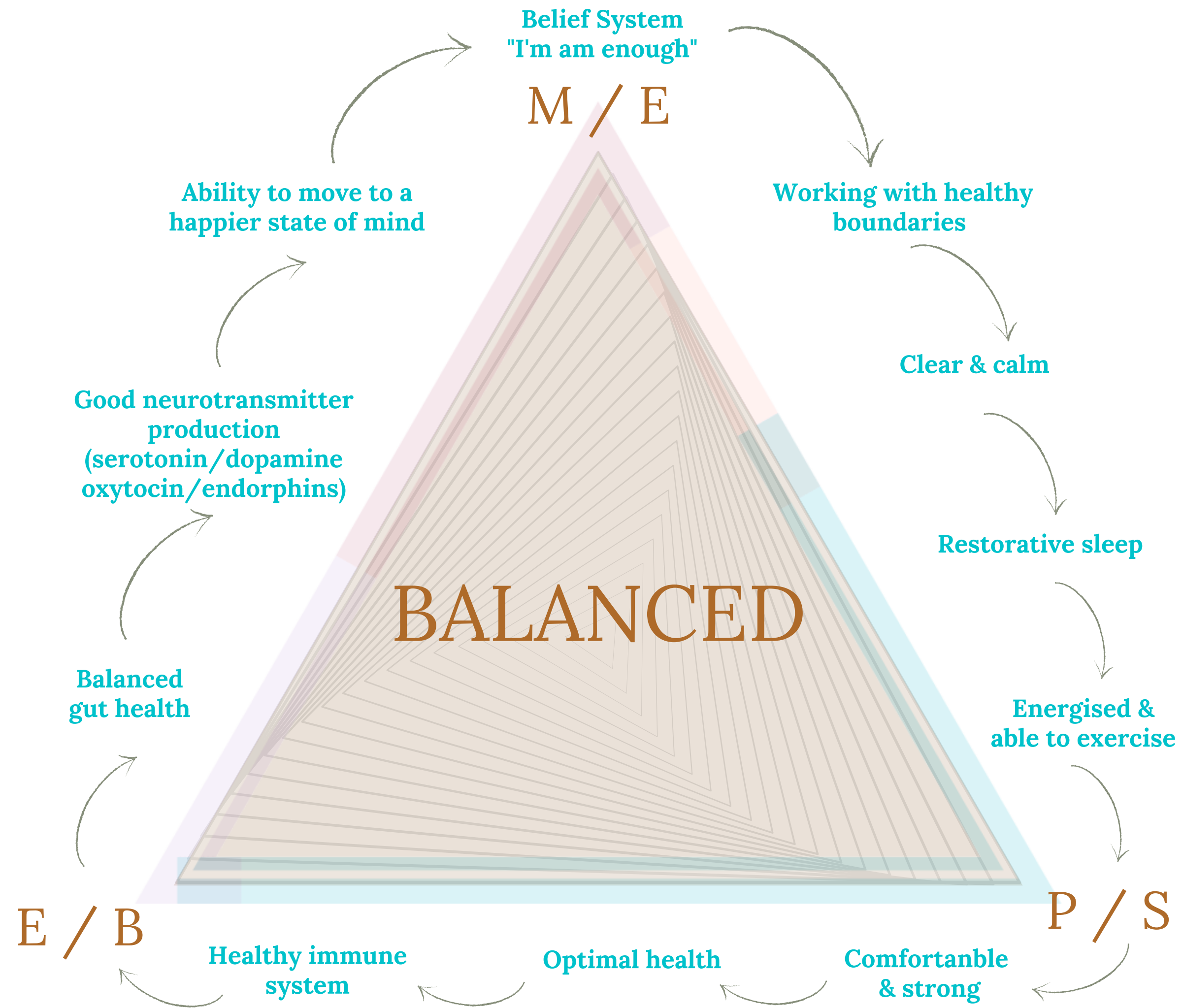
Physical
Structural





BURNT OUT





02

Your body holds the answers

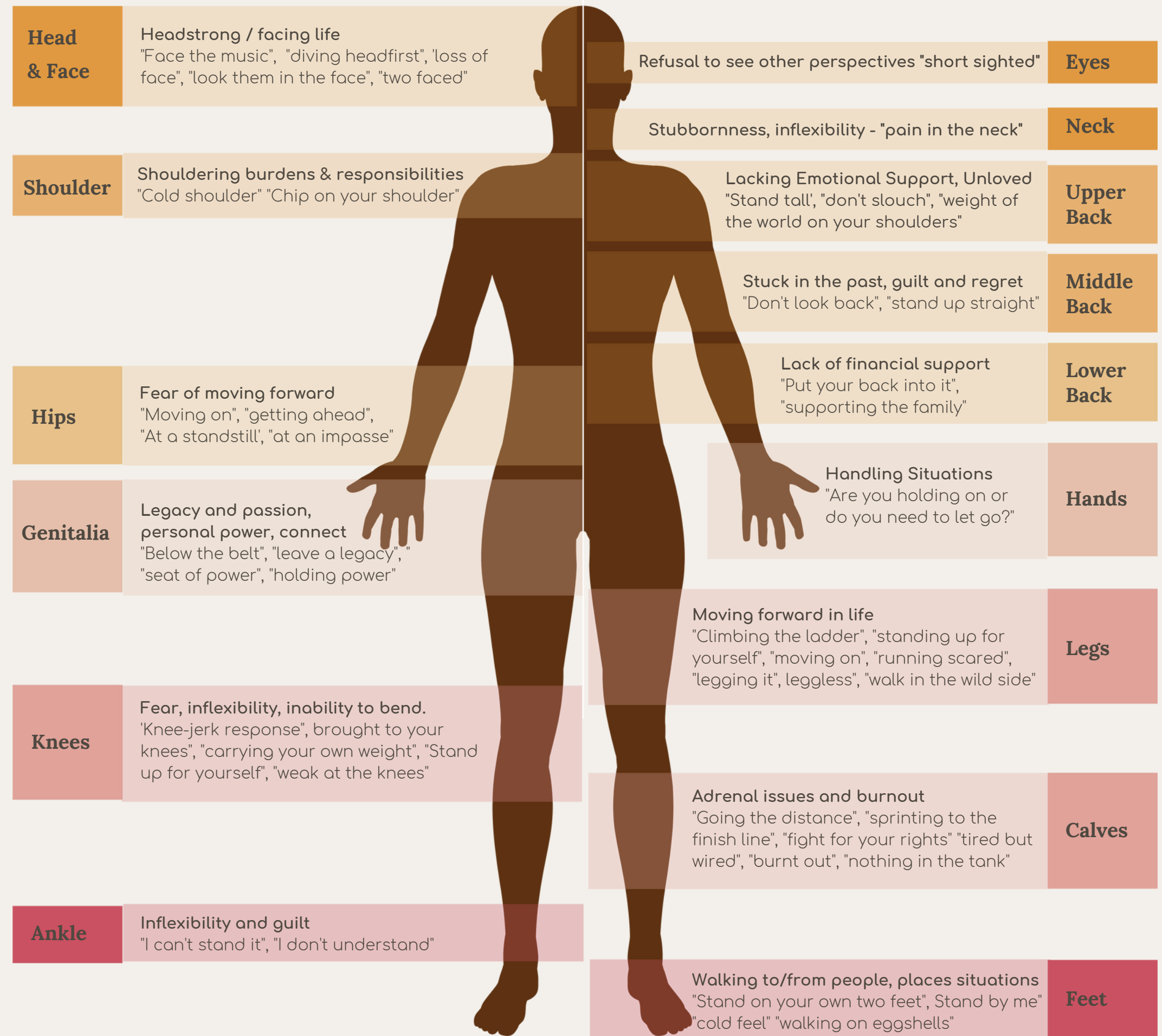
Your body has the interface of your mind.

It can't 'speak to you' so it tries to communicate with you through your emotions and feelings, through comfort and pain.

When you start connecting with your body and de-coding its unique messages it can start telling you a great deal.



Body Language



03

Emotions are power

Their usefulness comes down to how well you are able to interpret the signals that their feelings provide.

Rather than avoiding, suppressing, or fighting your emotions, I invite you to get curious.

Because when you get curious, your thought process moves to an intellectual level, which distances you from the emotion and allows you to think through and process it.

Emotional *reframing*

Try these 5 steps

01 step one EXPERIENCE	02 step two RECONNECT	03 step three BREATHE	04 step four FOCUS	05 step five GET CURIOUS
When you start to experience an unwanted emotion, particularly those that are strong, lean into them, connecting with them as much as possible.	Take time to pause and reconnect with yourself. If you're in company, feel free to excuse yourself so you can gather your thoughts.	Connect with your breath. Breathe deeply through your nose and out through your mouth. This will calm your nervous system and pull your focus to the present moment in time.	After pausing and breathing, it's time to connect with the truth of the emotion and of the situation that triggered it. Focus on simple facts.	It's time to get curious. Start asking yourself some questions regarding the situation to step back into logical thought.



Ask yourself these questions...

TO STEP BACK INTO
RATIONAL THINKING

- 01 “Why has this upset me?”
- 02 “What is the story I’m telling myself right now?”
- 03 “What belief system is possibly involved? What am I making it mean?”
- 04 ‘What is the emotion trying to communicate with me? What need is it urging me to meet? How can I meet that need?’
- 05 ‘Is there a more empowering perspective or emotion I could choose to connect with and experience?’ What action can I take to empower myself in this situation.”

A close-up photograph of two hands reaching towards each other, with fingers slightly curled. The lighting is warm and soft, creating a sense of connection and intimacy. The background is dark, making the hands the central focus.

01

Everything
is
connected

We thrive
when we
connect

A close-up photograph of a person's face in profile, looking down. The lighting is warm and soft, highlighting the contours of the face and the texture of the skin. The background is dark, making the face the central focus.

02

Your body
holds the
answers

Look to your
body for
answers

A close-up photograph of a person's face, looking directly at the camera. The lighting is soft and even, highlighting the features of the face. The background is dark, making the face the central focus.

03

Emotions
are power

Empower
yourself
through
emotions

THANK YOU

*for taking the time to invest
in your health & wellness*

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Thank you



Resources & *references*

- How Emotions Are Made - Dr. Lisa Barrett Feldman PhD
- When. the Body Says No - Dr. Gabor Maté
- Cognitive Bias Codex: https://en.wikipedia.org/wiki/Cognitive_bias
- Emotions aren't Irrational -
<https://www.theatlantic.com/health/archive/2019/06/emotions-arent-irrational/592486/>

Thank you