

# BURNOUT

*Self-Help Guide*



FOR HIGHLY  
SENSITIVE PEOPLE

BARBERA SCHOUTEN

# Burnout Selfhelp Guide for HSPs

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## About The Author

Barbera Schouten is the author of The HSP Survival Guide: From overwhelm to Super Power in 9 steps and the Burnout Self-Help Guide for Highly Sensitive People.

She is the CEO of 2BeInBalance, in which she combines acupuncture with coaching to help HSP's cope with their high sensitivity, too much stress and/or a burnout.

She is also the CEO of The HSP Entrepreneur Coach, where she helps Highly Sensitive Entrepreneurs to use their sensitivity as their Business Super Power to achieve better business results, while having more fun and more energy.

That is why she is known as the “High Sensitive Super Power” expert.

She has dedicated her life to help HSP's embrace their sensitivity, accept themselves fully and to use their sensitivity as their super power.

Through her powerful webinar workshops, books, and programs, she has helped millions of highly sensitive people turn their lives around (in a BIG way) and achieve great success in record time.

**You can join her Highly Sensitive Super Power Academy:**

[www.HSPowerAcademy.com](http://www.HSPowerAcademy.com)

**Or visit one of her other websites for lots of information and free content.**

[www.2BeInBalance.com](http://www.2BeInBalance.com)

[www.HSPEntrepreneurCoach.com](http://www.HSPEntrepreneurCoach.com)



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## Introduction

### Welcome to the Burn-out Self-help Guide for HSPs

To be able to know what a burnout is, you have had to have had one yourself.

It is very hard to explain what goes on inside you when you are experiencing the first symptoms.

Suddenly not being able to do or dare something what shortly before seemed like a routine task is shocking.

Your mind does not understand and it tries desperately to keep everything under control. But that has a counterproductive effect.

You only want one thing: to feel good again and to be able to function optimally in reasonable situations.

You don't want to be admitted for 6 weeks or get a seemingly endless amount of therapeutic sessions.

You want to get back to work, but with more energy than before and you want to have the tools that help you prevent another burnout from happening while at the same time being able to perform maximally.

That is why I wrote this burnout self help guide for highly sensitive people full of information, tips and facts about (beginning) burnout.

Besides finding a good coach or counselor to help you with your burnout in combination with your high sensitivity, there is a lot you can do to help yourself.

With this guide I hope to give you the tools and insights you need to work through your burnout yourself.

The guide is full of practical tips, not only for you but also for the people that care about you.

A burnout is not something you have alone!

Besides this guide I offer a lot more in the field of burnout and high sensitivity, like for instance an online training, a workshop or 1 on 1 coaching.

More about this in the final chapter.

If you think I can help you, please don't hesitate to contact me.

I hope this guide helps you on your way to recovery and I hope your life will soon be filled with joy and energy again.

Love,  
Barbera

## My Story

When I was growing up I often got told, by my parents and my teachers, that I was too sensitive. They told me I shouldn't take everything so seriously and that I needed to grow a thicker skin. They also told me not to take everything so personally and that I had to learn to let things go.

In hearing those words I create this story that I am not good enough and that there is something wrong with me, that I am weird or strange. I decided to suppress my sensitivity and to survive through my powers of reasoning to prove that I am a normal person just like everybody else so that I could get their approval and their love. I forced myself to be big and strong and to show a brace face to the outside world and to do what was expected of me.

### The breakdown...

Fast forward, I am now 32 years old and I am working as a project manager for this IT company. The company is struggling and as a result I am under a lot of pressure to make the project succeed. The customer is difficult, my boss is not giving me the support I need and I am responsible for my team and things are not running smoothly.

At the same time my boyfriend of 7 years ends our relationship totally unexpected. There were no warning signs, we did not even have a fight. One night after watching a movie he just stands up and tells me that he no longer wants to be with me and that I have to move out by the end of the week.

Consequently, I end up in a severe burnout and totally loose contact with myself. It feels like I have lost everything and that my reasoning and my feelings are no longer in touch and definitely not communicating with each other. Being able to think things through intellectually is no problem at all, but when it comes to my feelings, I just can't keep up anymore.

### The All Time Low...

I suddenly have all these emotions I don't know how to handle. I cannot stop crying and I am so so tired and all I can think is "Why is this happening to me, I work so hard and I am a good person." It also reinforced the story I created when I was little that there was something wrong with me.

I am angry with myself, because I collapsed and cannot handle anything anymore and I am angry at my body for failing me. I am doubting myself, I am doubting my own abilities and I have serious doubts about my future. I think "How am I ever going to get out of this burnout? How am I ever going to feel like myself again? And who will want me?" I sleep 18 hours a day and those moments that I am awake I am angry or I am crying.

During this time my boss tells me that he thinks I am an HSP, because his wife is one and he recognizes a lot of her in me. I did not know what he meant with "HSP" and I thought maybe he was calling me a name, because he was disappointed in me for failing and ending up in that burnout. This makes me feel even worse and I decide to "park" his remark for now...



## **The turn-around**

But the term HSP stuck with me and one day I decide to Google it. Boy did that open up a whole new world to me, I recognize so much!

Hungry I read every book I can find on high sensitivity and I become a member of all the forums I can find about high sensitivity too. And then I realize: I am not weird, I am not strange, there is nothing wrong with me and, most of all: there are other people like me!! It really felt like coming home to myself and the more I read, the more I understand myself and the more insight I get into my own sensitive user manual.

## **The transformation**

And while reading and learning, the process suddenly takes me back to my childhood and the things people told me. I now understand that they told me those things to help me, because they love me and want the best for me. They care so much that they want to shield me from the pitfalls of being highly sensitive and they want to make life easier for me.

Little by little, bit by bit I start to allow my sensitivity back into my life. And, finally, I feel whole again. My head and my heart have found each other again and I realize that it is OK to be me, sensitive and all!

## **The insight...**

Looking back I am glad I ended up in that burnout. It forced me to take a good look at myself. It taught me to stay in touch with my own body more. To pay attention to the messages my body sends me AND to do something with them.

I know now that I can trust my body and my intuition, I know now how to protect myself and my energy and I know now how to feel my boundaries and how to protect them.

From that moment on, I honor my sensitive side because of the beautiful things it brings me. I know that you too will appreciate these beautiful aspects of being highly sensitive: Compassion, deep intuition, authenticity, empathy and the ability to heal.

I now also know how to handle the 'Achilles heel of high sensitivity', such as being discouraged easily, taking things personal, being overwhelmed easily, having a hard time setting boundaries, feeling tired or tense.

## **The realization...**

The moment I take charge of my inner self, I realize that the only reason I never accomplish what I want in life is because I never fully accepted my high sensitive gift. By not fully embracing my sensitivity, I am actually sabotaging myself over and over again.

That realization, that is the moment I not only decide to embrace my high sensitivity completely, but I also decide to follow my heart and start my own company! A dream I have had for a very long time, but one I keep on postponing.

In hindsight, because I did not have enough confidence in myself. And because it is scary to step outside of your comfort-zone. And because it seems safe to keep working for a boss.

## **The result**

But I do not regret for even a moment having taken that step to start for myself. On the contrary, I am happier now than ever, now that I finally have my own company. The freedom that having my own company gives me to lead the life that I want is indescribable. I am doing what my heart tells me to do and it does not even feel like working. And this feeling, this is what I want for you too!

By getting to know myself and my sensitivity really well, by getting valuable insight into my pitfalls and my qualities and by having the tools to keep myself in balance no matter what, I now have a solid basis for my company and am using my sensitivity as my (business) super power!

This helps me to achieve better business results and I run my company with much more energy and I am having much more fun!

## **My Mission**

It is my mission to help you to heal yourself by embracing your high sensitivity, so that you can become the best version of yourself, connect to your hearts desires and use your sensitivity as your super power to achieve the results you want out of life.

I believe you are a very special, very beautiful person and that you have a truly amazing gift, your sensitivity. Once you connect to your hearts desire, embrace that sensitivity and learn to use it as your super power you will feel like your effortless, authentic self and have a massive impact on the world.

You will have the power to change the life of millions with your good heart, great empathy for others and infallible intuition.

And the best part of it is that it won't even feel like working if you do what you love!

You will be able to have a lifestyle friendly job, doing what you love, having fun while doing it and with plenty of energy to spare.

If I can do it, so can you!

**Let's get started :)**



# BURNOUT

*Zelf+Hulp Gids*



## THE GUIDE

BARBERA SCHOUTEN

## What is a burnout?

**When body and mind cannot recuperate due to long lasting stress and then become over exhausted we speak of a burnout.**

Strong black & white thinking can be a direct consequence of tension. It can cause phenomena like estrangement from others. There is no more room for reflection, making contact, processing, standing still and enjoying. People with these types of complaints have less confidence in their personal abilities than before the complaints started.

## The causes of a burnout

A lot of people think of a burnout as a work related problem. But in reality a lot of people end up in a burnout because of a combination of different factors (work, private and inner factors) that cause chronic stress: constantly putting focus on things that need to be overcome, constantly being busy trying to survive, raising the bar (too) high and above all you absolutely are not permitted to fail.

## Burnout symptoms

In the phase prior to a burnout you often feel your reserves strongly diminish. You are still able to work, but the work pressure clearly needs to be lessened. If not, it will eventually lead to a broad spectrum of complaints:

- Loss of concentration
- Extreme tiredness
- Emotional lability
- Memory problems
- Sleep problems
- Feeling empty and drained

## Burnout facts

Working hard seldom makes you feel over-strained.

It is a fable that you become over-strained solely from hard work, There are a lot of other factors that play a role in that:

- The atmosphere at work,
- A BIG feeling of responsibility,
- Not being able to say NO,
- You DEMAND a lot of yourself,
- Everything has to be PERFECT and you have a hard time giving up CONTROL
- Because of your high sensitivity there is a lot more sensory perception,
- Also recession plays a role like being afraid of losing your job or company,
- Anger and frustration are burnout promoters par excellence,
- Even your relationship at home plays a big part because unrest in a relationship makes you more prone to burnout,
- Fear is maybe the biggest factor in ending up burned-out. The fear of making mistakes or social fear often play a big part with burnout..



On closer inspection, more than half of the BO'ers turn out to have a non-real fear. Often the phobia predates it and was part of the cause.

From a self help perspective I have noticed that the following steps can be really valuable:

## **Learn to relax**

Try, whenever possible, to lessen your work stress, consider planning taking days off or holidays on a regular basis. Don't work late and don't except additional work besides your current work. Learn relaxation techniques.

## **Learn to meditate**

Meditation is more important then general relaxation techniques. Correctly executed meditation can change the mental activity in such a way, that it has a reversing effect on the fight or flight response (I wrote a blog about this), so that the bodies chemistry can normalize again. From a TCG standpoint, meditation can regulate and conserve the Qi (energy) and it nourishes the Liver and Kidney Yin.

## **Eat regularly and avoid "junk food" and irregular meals**

It is better to regularly eat small bits of food, than to overeat or eat the wrong things, like chocolate bars or cookies, when you are hungry. Eat food that is the least processed like fresh fruit, fresh vegetables, nuts and seeds, whole grains and lean meats and fish. Avoid refined foods or foods made of white flower like white bread. We get our Qi from what we eat and a constant source of food can help to regulate the availability and supple flow of Qi.

## **Exercise**

Regularly go for a walk. Consider taking up Yoga, Qi gong or Tai Chi. Exercise helps to move Qi and Blood, but excessive exercise can exhaust Qi and exaggerate the problem. Walking is considered one of the most natural and healing forms of exercise. Studies have shown that walking has a strong anti-depressive effect and can help improve sleep and bowel function. As you start to feel more and more stable and your energy is coming back, you can slowly start to increase the intensity of your exercise.

## **Breath deeply**

Breathing deeply is breathing from your diaphragm. Breath deeply in through your nose and let your breath go via your mouth. Repeat this 4-5 times. This form of breathing has a proven effect on lessening tension and fear. So when you are feeling tense or fearful, stop what you are doing and do this breathing exercise. This exercise will strengthen your Lungs and increase the circulation of Qi.

## **Laugh regularly**

Regularly take the time to laugh. Watch a movie, read a book, go to a show or spend time with people who are having fun and make you laugh as well. Laughing opens up our breathing and it relaxes us. It also has a positive influence on our stress levels, the same way meditation does.

## **Don't let your life be a soap series**

Life happens, soap series are based on true stories, but they are dramatized, exaggerated and happen in unusual frequency and gravity. Unfortunately we sometimes watch these shows and unconsciously expect that our own lives will mirror what we see. Look at yourself and the people around you. Does your life look like a soap? Yes? Then take a step back and realize that your life should not resemble a soap. This realization will change your behavior and thus your life.



## A burnout is a healthy response

A burnout is often seen as a sign of weakness. It is also often very hard to understand what is happening, also for friends and family. But we have to learn to see a burnout as a healthy signal of the body that is teaching us something very important!

Being sick without physical complaints is much harder to believe than being sick with outward symptoms. A broken leg is visible and legit, you have a good reason for being sick and everybody can see that you are not able to come to work. We can estimate how long the healing process will take and afterwards everything is OK again.

Being mentally ill is often not visible from the outside. It is elusive and is often regarded with some skepticism. "Is it really true and you are still not better?" is often the response.

### How to recognize a burnout?

Someone who is heading for a burnout often gets physical and psychological complaints. Being tense, getting up in the morning nauseous because another day is yet to start and you have to do stuff you don't want to do. Being tired and sleeping a lot, but noticing that you don't seem to gain any energy.

What's also typical is the denial of these symptoms. We want to be strong and not feel like a victim. We'd rather not have any burnout type symptoms, they are never convenient. Someone with a burnout would rather deny those symptoms, even to themselves, but especially towards others. We want to direct our own lives and keep everything under control ourselves, because otherwise we are weak and pathetic.

### Negative reactions from the environment

Often your environment is not helping. You will get reactions like: "You have to get over it. Flip the switch once your home. Go about your day normally, otherwise you will get even further away from home and you can kiss your career goodbye." You try your utmost best to persevere, because others can do that as well.

But what if you cannot flip that switch, even though you badly want to?

When you are in a burnout, you often think that you are failing and that you are not good enough. You are not able to understand why you can't flip that switch. You think: I don't have enough willpower and/or there is something wrong with me. Because how do you explain that you feel horrible, while nothing shows on the outside? Besides, you don't even understand it yourself, so how can you explain it to others?

It is often difficult for both you and your environment to understand what is happening.

### Burn-out is a healthy reaction to an unhealthy situation

A burnout is often misunderstood. The core problem being that a burnout is usually seen as something negative. Something like: we fail in our daily routine and we have to make sure that life can go on as normal as soon as possible.

***But a burnout is not something negative.***

A burnout is the result of the fact that you have neglected yourself for a long time.

You did not adequately listen to yourself and the signals your body was giving off and you gave away more energy than you were building up. The bearing load is bigger than the bearing capacity. And when you don't listen to yourself, your body steps in... That is the core of a burnout: you went over your limits and your body is reacting physically, psychologically and spiritually.

## **Clear signal**

A burnout is a clear signal. It is an important signal for your health, a protection mechanism. It is not a sign of weakness. It is a disruption between giving and receiving energy. An unbalance between yourself and the demands of the outside world. And that can't continue this way.

When you don't listen to yourself, your body intervenes, with complains as a direct consequence. So we have to learn to start seeing burnout as a healthy signal of the body teaching us a very important lesson. We should be really glad your body has this protection mechanism that teaches us to better listen to our needs and the signals our body is giving off. We have to get to know our limits and respect them better.

Because.....what if our body hadn't done that?

You would have probably just kept on going...

**And what would have happened then?**



## But there are more factors that play a role for Highly Sensitive People....

Besides the factors I just named, there are even more factors for HSPs that play a role in getting a burnout:

- The peace & quiet we need because we are in the vicinity of other people
- The peace & quiet we need because of all the forms of over-stimulation
- Light
- Sound
- Entertainment
- Crowds
- High pressure situations
- Competitive situations
- Toxic social environments

### **Work burnout can also occur:**

- If the work that we are doing does not suit our intelligence level or our interests
- When we know we don't (really) care about a certain job or task and we try to force ourselves to do it anyway
- When our work environment is based on fear with political games
- When we have too many emergencies, both at home and at work
- When we are sick or when a member of our family is sick, which causes us to burn the candle at both ends

Work is an especially challenging subject for highly sensitive people, because we have a deep need that our work means something, that what we do makes a difference, that we can do our work at our own pace and preferably that our work is our calling.

All these factors – the presence of some and the absence of others – create stress for highly sensitive people. And because our nervous system is more sensitive, bad eating- and living habits will only strengthen these potential burnout causes.

When we feel good, we can offer resistance to these factors in our lives. But when we are in a difficult period which lasts too long, then they will weaken us.

**Life is not meant to be a constant emergency.**

## 5 tips for recovering from your burnout

The most important thing is that you quickly get rid off your (looming) burnout. These tips will help you with your burnout recovery:

### **TIP 1: Only listen to those who have overcome a burnout themselves**

You are in a burnout and you want to get rid of your burnout complaints. You want to be yourself in every situation. And to take that step you will first find a solution in practical things and you will follow the advise of the people you know.

Those advices are often meant well, but are being offered by people that don't have a clue what is going on in your life right now. And that is precisely the reason that those advices won't work.

### **TIP 2: Keep it simple and realize that you yourself need to change**

There are hordes of people who think you should man up and just adjust your behavior and everything will be fine.

Shit, that does not work either.....will I ever get rid of it?! Yes you will, you just have to do the right things! When you know how to do something, then it's really simple. Then you will take the right action and let go of the right limitations.

### **TIP 3: It's not about what you experience, but how you handle those experiences**

When you want to realize your goals, it is OK to accept that you have a lot of limiting beliefs. From the moment that you become aware of this, you will take the responsibility for your own results.

You will take charge of your life!

### **TIP 4: Train replacing annoying emotions by powerful moods**

Your behavior is being determined by all memories, situations and beliefs from the past and your goals for the future.

For example, there are a lot of powerful, beautiful, reinforcing, loving memories that could give you a lot of power and energy at this very moment.

But at the same time there have also been a lot of annoying situations (setbacks) that now hold you back in your life, your personal effectiveness, your health or your job. Being able to let these patterns go determines your personal effectiveness in the here and now.

### **TIP 5: Listen to your body and take that important step now**

Of course there are a lot of self-help books out there and there is also a lot of information you can find on the internet about burnout. However most people with a burnout need proper guidance in their personal development to get rid of their burnout.

I can help you with this. During my **HSP & Burnout Coaching** you will get all the tools and insights you need to effectively get rid of your burnout and to avoid another one from happening again.



## 12 tips to avoid a burnout as an HSP

*Prevent a burnout: think about yourself!*

### TIP 1: A healthy mind in a healthy body

**Move.** Moving increases your awareness of your bodies signals. This will help you to listen to your body and take back gas in time.

**Make sure you get a good night's sleep.** For HSP's this generally is 8-9 hours. Consciously wind down the day by 'slowing down' in the evening. Don't 'run' to work first thing in the morning, but take your time to start your engine. It is very important for an HSP to have a good morning and evening ritual!

**Pay attention to your diet.** Take the time for your meals and eat at set moments. This is much better for your digestion and it will help to structure your day, start your day calmly, take regular breaks during the day and to wind down your day. Drinks lots of water. This will make you go to the toilet often and will cause you to have natural breaks during your day.

### TIP 2: Stress diary

This is a tip from the burnout recovery program of Carien Karsten. Daily take the time to revisit what you did during the day and how that made you feel. Which activity gave you energy? And which activity gave you stress? The diary will help you to evaluate the way you function and your well being and to recognize certain patterns.

### TIP 3: Make time to have 'fun'

Think of 50 things that you really really like and daily take the time to do at least one of them. Do this even if you think you are too tired to do anything. Having fun gives you energy, relaxes you and helps you to recover from psychological stress and work stress.

### TIP 4: La dolce far niente

Just an uninterrupted hour of daydreaming or listening to your favorite music. 'Coming home to yourself' is what they call that. This helps you to experience who you are and how you are doing without interruption or the influence of others.

### TIP 5: Dare to say 'no' and to be 'not nice'

Be true to who you are and guard your limits. Everybody can ask you everything, but if you honor those requests is up to you. Incomprehension and angry faces you can just leave with their respective owners. Because when you say 'no' to someone else, you are saying 'yes' to yourself. Learn to say no without feeling guilty about it and let saying no become a part of your proper self-care.

### TIP 6: Learn meditation

Learn to meditate to avoid stress and to help keep your emotions in balance. In the long run, meditation will help you to free yourself from toxic people and it will help you to restore your nervous system.

Make a list of all the areas of your health that you think need improvement and prioritize them.

## **TIP 7: Search the Internet for information**

Go and find all the information you can find to improve those parts of your life that need improvement. Don't be afraid to address big problems like your job/employment or family problems.

## **TIP 8: Drastically cut in your obligations**

Don't be afraid to drastically cut into your obligations, especially when they ask a lot from you. Your other obligations will thank you!

**And remember, you are not responsible for the expectations of others.**

## **TIP 9: Recognize that there are multiple options**

See that there are multiple options for the tasks that you hate: stop doing them if they are not important, cut them up into smaller pieces so it won't take you long periods of time to do them, delegate them or trade them for somebody else's unwanted task.

**Avoid mind numbing work. That is generally known to kill an HSP's spirit.**

## **TIP 10: Determine what is most important to you**

Determine what is most important to you, so that you can spend your time on activities that are of great value to you and thus help increase your satisfaction. This will help guard you against less pleasant experiences.

## **TIP 11: Burnout, a life-long point of attention**

Treat your burnout as a life long point of attention, which you can eliminate by taking care good care of your own life. It is a massive challenge for HSPs, but one that is definitely worth while.

Everybody's life matters and everybody deserves to enjoy his/her life.

## **TIP 12: Find support**

It does not matter if you find support with co-workers, friends, loved ones or a professional. Support and collaboration can help you deal with the stress from your work and your feelings of being burned out. If you can make use of a coaching program especially for employees through your work, then do so!

And if you can't, then find a professional who specializes in burnout and high sensitivity to help you yourself.

I have found that the standard program when burned-out does not work for the highly sensitive person and by finding someone to help you who does know a thing or two about burnout as well as high sensitivity, you will get rid of your burnout and feel like your effortless, authentic self in no time.

Again I can help you with this. During my **HSP & Burnout Coaching** you will get all the tools and insights you need to effectively get rid of your burnout and to avoid another one from happening again.



## Handling someone else's burnout (for family and friends)

*You don't have a burnout alone!*

You can find a lot of information about burnout on the internet, but a lot of that information is solely focused on the person who is having said burnout.

### **But.... a burnout is not something you have by yourself!**

That is why I also want to offer tips and advice to the people in the direct vicinity of the person having the burnout, namely a spouse or partner, brothers, sisters, parents, friends, children or colleagues.

For a partner or family member, but also for friends, acquaintances and colleagues it can be really difficult to handle someone who is burned-out. Often feelings of impotence, sorrow and frustration are involved in the process.

It is difficult to watch from the sidelines and see how someone is struggling with a burnout. You want to help that person, but at the same time it feels like you can't.

For the people surrounding someone with a burnout, it is important to know that it is possible to have a supporting role in the burnout process of that person.

### **Here are some tips and advices to help you deal with the burnout of your loved one:**

- Recognize and acknowledge the other's complaints and tell them you are doing so
- Give the other the space they need to acknowledge that they are in a burnout or on their way to one
- Give the other time and space to recover from stressful / taxing situations
- Try to do relaxing things together, a walk can be all they need at that moment
- Try not to be too critical towards the other, don't judge and condemn them
- Advise the other to seek (professional) help and support them with it wherever they need

In the above mentioned tips, the person with the burnout is the main focus, but at least as important are you as their loved ones. Having to deal with someone who has a burnout probably is costing you lots of energy too.

### **That's why I am now giving several tips specifically for the people that love and support someone with a burnout:**

- Find information regarding burnout so that you can explain certain behavior
- Don't take the responses of the burnout loved one personally, someone with a burnout can sometimes react irritable, unreasonable or even aggressively towards you
- Find yourself some support too from someone close to you, so that you too can vent and avoid becoming overwhelmed yourself
- Seek relaxation and undertake fun things that give you energy again
- Set and guard your boundaries. Helping someone is fine, but be sure not to cross your limits and consult with the other about what you can and can't handle
- Ask the professional that is helping your burned-out loved one for advice, tips and information on how to best handle and support your loved one through their burnout process
- Are there children? Explain to them what is going on and give them enough attention

## Estimate the burnout potential in your life

To best estimate the burnout potential in your life, evaluate every aspect of your life on a scale from 1 to 10 with the help of the following list. 1 stands for little stress and burnout potential and 10 stands for extreme stress and burnout potential.

### Look at your physical condition :

- When you are strong and you have physical reserves, you might be an HSP that can offer resistance to long-term stress situations.
- When you are an HSP with low resilience, then you have to be careful with the amount of stress you allow into your life and you will have to take measures to prevent a burnout.
- You tire easily
- You are sick or you are often sick

### Look at your work situation:

- Are you being appreciated?
- Are you doing work that you love or something that kills your spirit?
- Do you have the skills needed to succeed at your job?
- Are your co-workers people you get along with and that take into account your sensitivity?
- Does the organization you work for have good management, so that you are not influenced by constant emergencies?
- Do you have to work late often?
- Are you being well rewarded? Are the terms of employment ok?

### Look at your relationships:

- Start with your family; are they a warm, loving, supportive family? Have you been accepted or do you generally feel frustrated because of the contempt and unhappiness within your family?
- Do you have good, supportive friends who accept and understand your sensitivity?
- Are you a member of a community/group that support and understand your high sensitive trait?
- Are you happy with your social life?
- Are your working relations beneficial and productive?

### Look at the time of the year:

- Are there certain times of the year in which you feel overwhelmed quicker and thus run a greater risk of becoming burned out?
- Are there times when the people around you are over-exhausted and as a result your responsibilities increase?

### Look at the general stress in your life:

- Does your burnout flow over from 1 or 2 areas in your life into the rest of your areas and are you in a position to take the time to recover?
- Do you see the potential for an upcoming burnout in an area of your life?

*When you look at how you estimate the burnout potential in your life, how does that potential look?*

***Peace of cake? Manageable? Or serious burnout potential?***



# BURNOUT

*Zelf+Hulp Gids*

A person with long hair, wearing a dark jacket and high heels, is hunched over a blue metal bench in a dark, industrial setting. A spotlight illuminates the person and the bench, creating a strong shadow on the floor. The background is dark and filled with industrial structures.

SUMMARY

BARBERA SCHOUTEN

## Quick Summary

### What is a burnout?

When body and mind, due to longstanding stress, get overwhelmed and can no longer recuperate, then we speak of a burnout.

### How do you recognize a burnout?

Someone who is heading for a burnout gets more and more physical and psychological complaints. Denial of these symptoms is also typical. We want to be strong and not feel like a victim. We would rather not have burnout complaints, they are never convenient.

### The causes of a burnout

A lot of people think of a burnout as a work related problem. But in reality a lot of people end up in a burnout because of a combination of different factors (work, private and inner factors) that cause chronic stress: constantly putting focus on things that need to be overcome, constantly being busy trying to survive, raising the bar (too) high and above all you are absolutely not permitted to fail.

### Burnout symptoms

Loss of concentration, extreme tiredness, emotional lability, memory problems, feeling empty and drained and other physical complaints like a headache stiff neck/shoulders, stomach- and bowel problems etc.

### Factors that play a role in burnout

The atmosphere at work, a BIG feeling of responsibility, not being able to say NO, you DEMAND a lot of yourself, everything has to be PERFECT and you have a hard time giving up CONTROL. Because of your high sensitivity, there is a lot more sensory perception, but also recession plays a role like being afraid of losing your job or your company.

Anger and frustration are burnout promoters par excellence, but also your relationship at home plays a big part because unrest in a relationship makes you more prone to burnout. Fear is maybe the biggest factor in ending up burned-out. The fear of making mistakes or social fear often play a big part with burnout.

### Steps to get out of your burnout

Learn how to relax, learn how to meditate, eat regularly and avoid "junk food" and irregular meals, get more exercise, breathe deeply, smile often and don't let your life turn into a soap opera.

### Tips to avoid a burnout

Make sure you have a healthy mind in a healthy body, keep a stress diary, make time for "fun", practice 'la dolce far niente', practice with saying no regularly and don't try to "be nice" all the time. Learn how to meditate, cut in your obligations, investigate your options, determine what has the highest priority and make all of this a life long point of attention.



## Quick Summery

### Tips for burnout recovery

Listen only to the people who have experienced a burnout themselves and who got out of it, keep it simple and realize that you have to change. It is not about what is happening to you, but how you deal with it. Train unwanted emotions and replace them with powerful moods. Listen to your body and take that first very important step in getting better and find yourself some professional help.

### Tips for the ones that love you

Find as much information about burnout as possible so that you are able to recognize the symptoms and can point them out to the other. Don't take anything the other does or says personally. Find help for yourself and make sure that you relax regularly. Guard your limits and ask for tips and advice from a professional. If there are children in the mix, explain the situation as best as possible and give them enough support.

## What's next....

If this book was valuable to you and you want to learn even more about high sensitivity, what it means for you and how you can start using it as your super power or if you want to learn how to handle stress better to prevent another burnout, I would recommend you have a look at my **HSPower Academy** ([www.hspoweracademy.com](http://www.hspoweracademy.com)).

I designed the HSPower Academy especially for you, you beautiful highly sensitive person!

In the academy you will find all sorts of wonderful things, ranging from meditations/visualizations to books to e-courses to amazing on-line programs.

There is a **wonderful on-line program** designed especially for the sensitive people who are at the beginning of their journey into discovering their high sensitivity called **High Sensitive Very Normal**.

It will answer all the questions you have (and if not email me your question and I will make a movie about it and add it to the course).

And it will help you to embrace this part of yourself and to start seeing it as an asset, so you can start using it to your advantage, instead of struggling with it.

**There is a program for the more advanced highly sensitive** who wants to feel good about themselves and become the best version of themselves, so they have more confidence, more happiness and more energy to do all the things they are dreaming about.

It is called the **HSP Super Power System**.

You will get to know your own user manual very well, learn how to appease your perfectionist and unleash your awesome out into the world.

It is chock full of **practical tools and useful tips**, so you can **transform your sensitivity into your super power**.

There is also an **on-line program designed especially for the Highly Sensitive Entrepreneur**.

It's called **Just High Sensitive Business** and it not only teaches the HSE how to use their sensitivity as their business super power, to achieve better business results with more fun and more energy, it will also teach them how to reach their clients through their message, their sales & their marketing in a way that feels authentic, real and from the heart.

There is something there everyone and also for every budget.

I look forward to seeing you there!

**Are you not sure what you want and do you need a little help with deciding what is right for you?**

Plan a free Breakthrough Clarity coach session with me via [www.2beinbalance.com/yes](http://www.2beinbalance.com/yes)

Love,

*Barbera*



# BURNOUT

*Self-Help Guide*

SELF-HELP GUIDE FOR  
NOT ONLY HSPS, BUT  
ALSO FOR THE PEOPLE IN  
THEIR ENVIRONMENT.

FULL OF PRACTICAL TIPS  
FOR BOTH. LEARN WHAT  
YOU CAN DO TO GET OUT  
OF YOUR BURN-OUT OR  
TO HELP THE ONE YOU  
LOVE GET OUT OF  
THEIRS BURNOUT.

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