

# Natural Help 4...

# Burnout



## What is Burnout?

**Burnout** is a term that is given to a **state of physical or emotional exhaustion**. It is most commonly attributed to work or a particular task, but can also be related to stressful relationships and roles (e.g. parenting or caring for an aged family member).

A person experiencing **burnout** simply feels as though they are *going through the motions*, and often have **already lost interest in everything** and experience a lack motivation to push forward.

They become ineffective at their job, and just the effort of going to work depletes their energy. Feelings of **powerlessness, resentment and hopelessness** are commonly experienced.

## Diagnosing Burnout

**Burnout** can be **fairly easy to diagnose**, and generally specialists will be able to look at certain aspects of a person's life to determine if they have been under a lot of stress and strain, or expending a lot of energy.

You can ask yourself a series of questions to see if you are experiencing **burnout**:

- Have you lost interest in and enthusiasm for your job?
- Does everyday at work feel like a blue Monday?
- Are you struggling to cope with the workload?
- Do you feel that you are not good at your job anymore?
- Are you drained and tired all the time?
- Are you forever coming down with infections?
- Do you feel constantly irritable and on a 'short fuse'?
- Are you having difficulty sleeping?

If any of these sound familiar, you could be experiencing **burnout**. For example, **burnout often affects people who are highly committed, hardworking and motivated**.

People who are in the service industry or professions which protect (such as doctors, social workers, law enforcers and teachers) are more likely to experience **burnout** due to the demands and dedication required for their jobs. However, **anyone who is pushed too hard may suffer from career burnout**.

## Symptoms of Burnout

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It is not intended to diagnose or treat any medical condition. Nothing in this eBook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

Symptoms may vary, but commonly include:

- Fatigue
- Lack of energy
- Frequent illness
- Disillusionment with chosen profession
- Helplessness, frustration, and lack of power
- Depression, withdrawal, and isolation
- Hopelessness
- Physical symptoms include headaches, back pain, colds, insomnia, rashes, hives, chest pains, gastrointestinal problems, bladder infections, nervous tics, stroke or heart attack
- Suicidal thoughts

## What Causes Burnout?

A number of different factors can contribute to [burnout](#), but **usually burnout is the direct result of stress**. It occurs when the body and mind can no longer cope with the huge demands and responsibilities that are faced on a daily basis.

**Many cases of [burnout](#) occur as a result of work**. Working long hours, working in a high-stress or pressure environment, and not supplementing your work life with ample time to relax can all lead to [career burnout](#) rather quickly.

**[Emotional exhaustion](#)** can also lead to [burnout](#). If you are having trouble in your relationships, or there are other psychological problems involved, [burnout](#) can result.

## Help for Burnout

**We are all susceptible to [burnout](#)**, and this is exacerbated by all the demands and responsibilities of modern day living. While conventional treatment often involves prescription medicines to treat the symptoms of [burnout](#) (antibiotics, antidepressants, sedatives, etc.) **the best way to deal with [burnout](#) is to confront the source of the problem**. While confrontation is not always easy, professional help is available to smooth this process and ensure the best possible treatment.

## Dealing with Burnout

Helpful ways of [overcoming job burnout](#) include:

### Speak to your manager or human resource department

Communicating your problem to your manager or HR department allows you to **adopt a positive approach** and creates a culture of empowerment. You may even find that you are doing far more than is expected of you. Alternatively, your employer may be able to provide assistance in terms of your workload, which would likely be a huge help in [overcoming job burnout](#).

### Speak to family members



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

If your symptoms of [burnout](#) are related to family roles, call a family meeting to **explain how the stress is affecting your [natural energy](#)** and ask for (and insist on!) help.

## Examine yourself

While your responsibilities and workload may be very high, **some people are simply more inclined to take on responsibility than others**. People with this tendency appear to attract responsibility like a magnet, and everyone around them often obliges by allowing them to do all the work. If this sounds like you, take a long hard look at yourself, and learn how to say NO! Your health depends on it!

## Take a break!

This is a major step in [overcoming job burnout](#). If you reach a point where you feel you simply cannot continue (or preferably before you reach this point), it is important for you to **schedule some time out**. Even though you may feel this is impossible, you should make a plan. If you do not, your body will ultimately force you to by becoming sick. **Take time away from work and from other responsibilities** that are weighing you down, and give yourself the opportunity to recoup your strength!

## Psychotherapy or counseling

Psychologists and counselors can **provide support to individuals who are suffering from [burnout](#)**. They will be able to assist with a wide range of topics including health, everyday issues, life skills, addiction and recovery and more. Therapy can **reduce stress, improve morale and enhance coping skills**.

## Relaxation techniques

There are a number of **relaxation techniques** that can help you cope with stress and improve concentration, productivity and overall well-being. These include deep breathing exercises, meditation, muscle relaxation, visualization and affirmations.

## Natural herbal and homeopathic remedies

Natural remedies can alleviate the symptoms of [burnout](#) and stress. A combination of herbal ingredients such as Hypericum perforatum (St John's Wort), Passiflora incarnata, Scutellaria laterifolia (Scullcap) and Valerian promotes relaxation and provides a soothing effect. Furthermore, these ingredients **do not have harmful side effects, unlike the conventional medication** that is so commonly prescribed for treating anxiety or depression. Remember, natural remedies must be manufactured to therapeutic doses in order to be effective – so be sure to source yours from a reputable company!

## Other Ways to Cope with Burnout

- Recognize the symptoms and ask for help
- Set limits and boundaries for yourself – learn to say NO!!
- Identify your job responsibilities, prioritize, and delegate

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health eBooks](#)

- Change your work environment
- Develop an interest in stress-relieving activities such as playing golf, painting, salsa dancing, or meditation
- Eat properly, and get plenty of exercise and enough sleep
- Spend more time laughing!

## The Seriousness of Burnout

If **career burnout** affects your interpersonal relationships, work performance, or your health, you have cause to be concerned. **When we are overworked and/or emotionally drained, it becomes very difficult to interact with other people**, and often we start isolating ourselves from them. Some people who suffer from **burnout** also resort to addictive behaviors such as substance abuse. This dependency on substances **can cause significant harm and serious problems** if the root cause is not addressed.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their



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patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

## Related Natural Remedies:

**PureCalm**: Promote inner calmness and peace naturally.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely **maintain harmony, health and systemic balance in the brain and nervous system**, without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain health.

PureCalm can especially benefit those individuals needing **support overcoming worry, managing stress and to promote inner calm** related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

**Fatigue Fighter**: Helps maintain energy levels and feelings of well being, overall systemic and immune functioning.

**Fatigue Fighter** is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely support **healthy energy levels, increase stamina and endurance**.

**Fatigue Fighter** contains a selection of herbs known as **natural energy boosters** for their supportive function in **maintaining healthy energy levels**, thereby helping to maintain balanced metabolism, stamina, endurance and routine, healthy performance **without artificial stimulants or caffeine**. Fatigue Fighter can make all the difference, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fatigue Fighter](#)

**MindSoothe**: Promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in an easy-to- take capsule form.

MindSoothe can be used to **safely maintain emotional health, balanced mood and systemic harmony in the brain and nervous system**, without harmful side effects.



**Read more about the Native Remedies Full Spectrum Approach™**

Find More Great Health eBooks at [NaturalHelp4.org](http://NaturalHelp4.org)

This remedy contains a selection of herbs known for their calming and supportive function in **maintaining brain and nervous system health, emotional balance and overall well-being.**

[Learn more about MindSoothe](#)

**Mood Tonic:** Optimizes nervous system health and promotes balanced mood and peacefulness.

There are many options for **supporting balanced mood naturally.** Nature provides us with many natural mood tonics. Triple Complex Mood Tonic is a 100% natural combination of three cellular-supporting biochemic tissue salts especially selected for their **positive effects on brain structures, brain chemistry, and nervous system health.**

This combination of tissue salts can be used regularly in a general capacity to **promote systemic and chemical balance in the brain and nervous system,** as well as in conjunction with other remedies to maintain therapeutic effectiveness.

[Learn more about Mood Tonic](#)

Read the testimonials for these quality products [here!](#)

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