



FRANKLY SPEAKING



Total Life Chiropractic - ... educating, adjusting and inspiring

Burned Out on Life?

Yes, it's a crazy time and anyone who says they are not experiencing a higher level of stress, anxiety and overall "what the heck", may not be telling the complete truth.

Think about it, we have more wars and unrest, less food on grocery store shelves, higher gas prices, inflation is up and interest rates are climbing. So what can you do? Well you can just go along and continue to be burned out or fall out of love with life. Falling out of love with life is usually a sign that it's time for some personal development at all levels. No one can escape feeling burned out or feeling an occasional "Things would be better if..." thought.

The key is to understand that being "burned out" is meaningless and rarely has anything to do with life's frustrations and has more to do with any or all of the following:

1. Your Health - It's virtually impossible to have a good attitude about anything if one's health isn't up to par. Diet, exercise, sleep and a good mental attitude all impact one's overall health but a proper functioning nervous system may be the most important. It allows your body to balance hormones and adapt to the never ending stresses of work, relationships, and life in general.

2. Unfinished "business" -It could be an apology not spoken, forgiveness not given, or even a cluttered garage. Cleaning messes leaves room for optimism in all other aspects of your life. It makes self motivation seem more effortless.

3. Spending quality time with friends. There's nothing more therapeutic than being around people that make you feel great about yourself. I recommend a minimum dose of about 3 hours per week, if you can.

4. Living in the moment - No matter what your financial situation is, each day you must pencil in time for enjoying and experiencing life. Meditation, a brisk walk, quality time with the family...anything that takes you out of your head and into a **state of gratitude**. Lighten up and have some fun!

5. Rituals – it might be prayer upon awakening and retiring which allows for a greater connection to your maker. maybe quiet time with tea or coffee in the morning, a short power nap, a great workout or even a 15 minutes brisk walk while listening to an inspirational audio are all very helpful rituals to consider.

6. Doing things for others - I get great joy in doing nice things for my wife (when I remember). But you shouldn't stop there. One thing my wife likes to do is bake a tray of sausage and peppers for someone who may have just had surgery or is not feeling well so that the family can still have a meal while mom is convalescing. Shocking a friend with an unexpected phone call of support, or giving up my seat to a stranger. Even helping out at a food pantry regularly. Simple acts of kindness lighten the heart and remind us what's really important in life.

7. Reading – stimulates the mind and creates knowledge. Knowledge is power and this is a great way to empower yourself. Just keep in mind that you must protect your brain. Only allow those things that are positive, inspirational and healing in your library.

8. Gratitude- an investment of gratitude yields incredible rewards. Some recommend even keeping a gratitude log.

Just know that no matter where you go, **you're** still with **you**. Doing something else for a living, moving or getting a new wardrobe won't change that. You can change your environment but you have to change you, the way you think and that the way you react to what happens around you. Success is about solving problems and creating value for others.

