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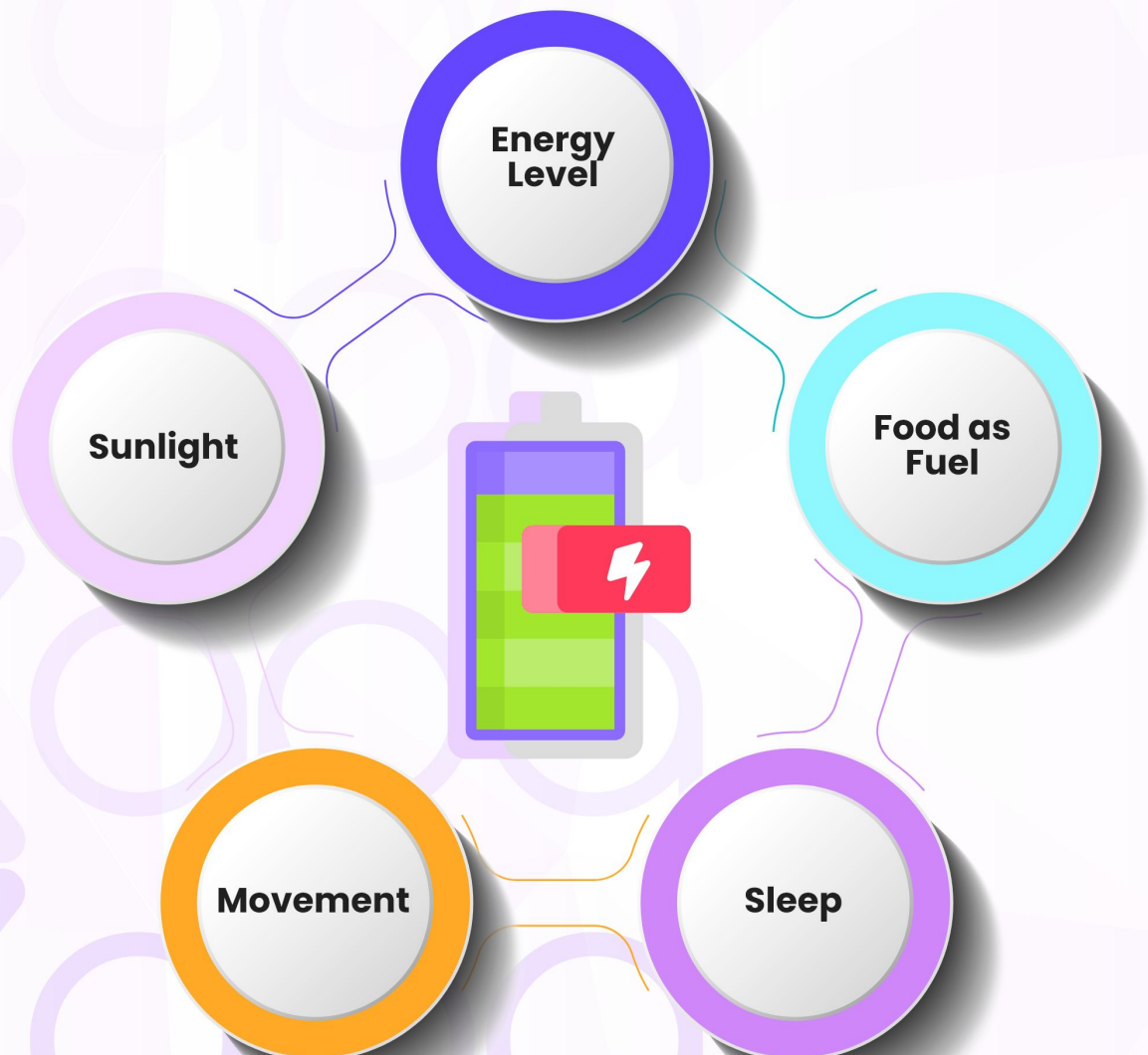


Reference Source
"Powered by Me"
by Dr. Neha Sangwan

Healing

Physical Burnout

Heal physical burnout by focusing on rest, balanced nutrition, and a holistic approach to health.



Top 10 Teaching Points

1

Burnout is an overwhelming cycle of energy depletion featuring persistent feelings of exhaustion, cynicism, and ineffectiveness.

2

Symptoms of physical burnout occur in three phases: Alarm, Adaptation, and Exhaustion.

3

Silencing physical signals with medications, sleeping pills, or more caffeine is a superficial fix that only masks your problems instead of solving them.

4

Messages from your body will come in three levels of intensity: Everyday Guidance, Chronic Depletion, or Physical Breakdown

5

Even the healthiest coping strategies can become an energy drain if you overuse them to avoid chronic stressors.

6

Feeling perpetually tired, wired, or both is a sign your stress-fighting hormones adrenaline and cortisol are out of balance.

7

Getting good rest is essential because of the physical processes that happen while we sleep, like cellular repair and building immunity.

8

You need three types of movement to maintain long-term health: aerobic exercise, resistance training, and flexibility exercise.

9

Our cells need certain nutrients to eliminate waste and function properly, so what we eat has a direct effect on our bodies' ability to function.

10

Balancing hormones, eating well, staying hydrated, getting quality sleep, and exercising regularly will provide the vitality you need to keep your life running smoothly.

KEY

TAKEAWAYS

01

Listening to Your Body

02

Balancing Coping Strategies

03

Maintaining Hormonal Balance

04

Comprehensive Movement Routine

05

Nutritional Impact on Well-being