



Burnout Newsletter

From Exhausted to Excited With Your Life Again

A free monthly newsletter
created by Dr V, the Burnout
Expert to save people from
burnout

I am so excited that you decided to grab this lifeline.”You deserve to live!” were the words that saved me from suicide twelve years ago when I found myself in the deepest dark place of Burnout. My dear friend, Alet, had taken me to see a young reverend. Would I still be here if I hadn't accepted this Lifeline? Would my first son be an orphan(his father died young from cancer)?

How would your family cope without you? Would they have to move out of the beloved family home, change to a more affordable school? Who would keep your children safe as they grow up? Who would walk your dog or feed your cats?

You deserve to live because you are a child of God” the young man explained softly as tears came cascading down my cheeks. “ Do I?”, I questioned, feeling like a failure as I had allowed to let burnout ruin my health and my career the previous year. My young family had left behind their beautiful home as I lost my income. We relocated across the world searching for something, anything that could save me, my health, my life.

Not seeing the significance of my existence., I lost my self-respect and my love for life. "God loves you no matter what you do", he added.

How to instantly start loving yourself again

Remember a time in your life that you were the happiest. It could be when you were a six year old playing with a kitten. It could be a disco party with friends. Your first love, your first child or car or paycheque...



For me it is a memory of me being healthy and young and slim and loved, walking on a beach in South Africa with my feet in the fresh Indian Ocean and the warm sun on my tanned skin. I felt so grateful to be alive in that moment.

Now sit or lie in a relaxed position in a quiet place and see yourself traveling back to that Uber-Happy moment in time.

What did you look like,? What were you wearing? Who was there with you? What was your environment like? Feel the emotions running through your body. Where do you feel happy, elated, so full of joy?

Is it in your heart or your tummy or somewhere else. Feel this, what colour does it have? What sounds do you hear? What does it taste like?

Step into that picture. What are you thinking?What do you see, hear, feel?

Breath in the happiness into every cell of your body and breath out any stressful feelings.

Breath in love, breath out anger.

Breath in joy, breath out sadness.

Breath in a white light, breath out darkness.

Allow the light to fill every part of your body from head to toe.

Keep repeating this until every part of your body is filled with this healing protective light.

Expand the white light into a cocoon around your body.

Know that you can always return to this happy place whenever you want to.

Now ask your younger version:” What should I do, so I can keep this happiness with me for the rest of my life?”

Be open to receiving the answer. It can be a clear instruction, an image, a feeling.

Accept it gracefully and say:” Thank you, please forgive me if I ever let you down. I promise to honour you and our joy and our life for every day from here on.”

Enjoy a last moment in the happiest time of your life and bring that energy into your present. Hop up and go tell someone you love, how much they mean to you and ask them to do something FUN, something you have always wanted to do but never prioritised because you were too busy taking care of others or providing for your family or patients/clients.

Write down your promise to yourself. Do one step towards your goal NOW! google, book, make space in your diary by cancelling something else or taking a day off.

ENJOY, DO IT!

Let me know how you went on Dr V , Burnout Expert Facebook page.

Feel free to share(this stays my copyright) with your friends in need.

Send an email to the burnoutexpert@yahoo.com, for the FREE MP3 version of this meditative visualisation .

Tons of blessings!

Dr V

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