



# Quintessential Health Care

*An Integrated Health Resource*

## How to Heal from Burnout (and prevent future flare ups)

### Message from Milly

Late summer greetings to all!

For this month's newsletter we'll be focusing on things we can all do to help create greater resiliency of body, mind, and spirit during uncertain times.

I've had too many clients (and friends) tell me that these last few months have left them burned out, stressed out, and/or exhausted .

And it's perfectly normal to feel this way now and then given the circumstances.

**However, we must be vigilant to avoid lapsing into a state of *chronic* depletion; where we get stuck in that fight-or-flight survival mode.**

Chronic depletion can occur on many levels and is often a direct result of the coping mechanisms we've used to weather stressful times. This could mean overindulging in sweets or comfort foods, excess exercise, media addiction, social isolation, or even being over-concerned about our own health.

These excess-type coping skills may be fine for a short time, however if we get stuck in using them to cover up fear, stress, anxiety, etc. they wind up slowly degrading our resilience and happiness...and who has time for that?!

Continue reading for some simple strategies to help reset your mind and refill your health reservoir so you can *thrive* amidst any circumstances...instead of just "coping".

Blessings to all,

-Milly



---

### Step #1: Replenish your anti-stress nutrient allies

Did you know that chronic stress gobbles up an enormous amount of key nutrients? This is largely because stress increases inflammatory levels throughout the body which increases demand for



these nutrients.

Some of the most notable stress-sensitive nutrients are B-vitamins (especially B6)[1], L-theanine[2] (an amino acid), and magnesium[3].

Thus, I always recommend getting plenty of these nutrients both *during* stressful times and *afterwards* as part of recovery.

- Energetix' Phyto B Complex is an excellent source of easy to absorb B-Vitamins with adaptogenic Rhodiola Rosea (adaptogenic herbs strengthen your body during times of stress).
- L-theanine, found in green tea, is also widely available as a supplement.
- Magnesium glycinate is the best form to supplement due to its superior absorbability and gentleness on the stomach.

You'll also want to avoid eating processed foods and foods high in refined sugar, as they tend to deplete these nutrients too.

Phyto B Complex and Magnesium glycinate are in stock at the clinic, so give us a call at: 770-446-1140 or [email us](#) to place your orders.

#### References:

- 1: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4290459/>
- 2: <https://pubmed.ncbi.nlm.nih.gov/31412272/>
- 3: <https://pubmed.ncbi.nlm.nih.gov/25023192/>

---

## Step 2: Identify your primary foods

Primary foods have nothing to do with the food we consume by mouth, rather they represent all the other things that nourish us and bring us comfort on a mental, emotional, and spiritual level.

Like the anti-stress nutrients discussed above, primary foods tend to become depleted when we've been stuck in a state of chronic stress. They also tend to get replaced with less than healthy coping skills (like binge-watching Netflix, staying up late, or over-exercising).

The remedy? Start re-identifying what nourishes and satisfies your soul and commit to a regular self-care practice.

Some of my primary foods (beyond my career...which deeply fulfills me) include:

- Gardening



- Writing (I'm partial to poetry and journaling)
- Spending time with friends and family
- Enjoying a hot bath
- Spending more time in nature

Now it's your turn!

Write down at least 4 or 5 primary foods. 1 or 2 you can enjoy every day and 2 or 3 (or more) you can schedule throughout the week or month.

So your daily primary food may be cooking while listening to music and reading for pleasure before bed. Your weekly may be getting out into the garden. And your monthly may be driving out of town to do a long nature hike.

Whatever you choose, put it on your schedule and commit to showing up for it. You'll be amazed at how quickly you can give up those less than optimal habits when you replace them with some REAL primary food.



*As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.*

### Step 3: Rewire your brain for optimism with this one simple trick

How do you rewire your brain to see your cup as half-full instead of half-empty (especially these days)?

It's so simple...**STOP COMPLAINING!**

Let me explain.

When we complain often, as most of us do everyday whether we notice it or not, it triggers the pleasure center of our brain which makes us want to complain more.

However, it's a catch-22 because the more we complain the more unhappy and pessimistic we become.

Here's how this works physiologically: while complaint triggers pleasure it also causes a release of cortisol from our adrenals which gives us a little jolt of energy...but at a cost.

A little extra cortisol now and then is no big deal. However, when we complain chronically it winds up feeding that chronic stress loop which results in depletion symptoms like inflammation, lowered immunity, aging (eep!), and even cognitive decline[1].

How can you stop complaining if it's already become a habit?

You replace those complaints with phrases of gratitude.

My good friend Dr. Patricia Fitzgerald has outlined this, step-by-step in her article: ["The Easiest Way to Stop Negative Thinking in its Tracks."](#)

*Reference:*

1:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3428505/>