

To help you further your knowledge in the safe and proper use of essential oils.

Physical ailment & Emotional Concern

What can I do about 'Burnout'?

by Penny Keay

What can you do about Burnout? There are many simple things you can try and using aromatherapy is always a pleasant enjoyable way.

First you might want to define what 'burnout' is. At least so you can decide if you are afflicted.

Burnout is often described as "the total and complete exhaustion of mind and body". Burnout not only affects your emotional well being, but often times it began with a physically exhaustive circumstance.

No matter what the cause the Number one thing is to take care of yourself.

Burnout can occur after or while you are care taking others. Long term care of convalescing or terminally ill loved ones puts not only a physical strain on many but the biggest affect will be the emotional drain. This includes taking care of elderly parents in the 'sandwich' generation while raising a family both of which can be very exhausting.

Burnout can also occur from working long hours in a stressful job and not getting enough time to rest and recoup. If you feel like you are 'burned out' you probably are. Employment where travel long distances by auto or air can quickly tire one. I do believe the statement "burning the candle at both ends" may have been the originally way of saying you are suffering from 'burnout'!

So stop now and take care of yourself. Get plenty of rest, eat healthy nourishing foods and let your mind and body heal itself.

As aromatherapists there are many essential oils that can be diffused while you rest that will help to rejuvenate and enlighten your heart. Choose bright light citrus or mints to give you a quick pick me up. But remember this is for temporary energy burst. What you really need is rest and time to just 'sit' and do nothing. Smelling essential oils helps.

You might want to try this blend – just add the drops to any fan diffuser pad or in the melted wax of a tart warmer type they will quickly blend themselves into the air:

Pick me Up Blend

Lime – 15 drops

Grapefruit – 8 drops

Cardamom – 8 drop

A nice massage is a wonderful way to treat yourself. This in itself can help the many tense muscles holding in toxins. Releasing them and eliminating them will help you to feel better. Once you start to feel better inside, your body will also heal physically and emotionally.

There are many wonderful essential oils to diffuse for "burnout". First in foremost is to diffuse your favorite. Nothing will bring a smile (which helps to release tension) faster than smelling something you enjoy. Most folks have their favorite essential oils that will give them that warm cuddly feeling.

Again using a massage oil you like the smell of will make the massage a more pleasant experience also. But don't forget the massage therapist may want to use some other oils to help further relax those tense muscles. See our selection of "Fresh for You" massage oils that are preblended for you to take to your massage therapist.

Burnout will not be gone overnight. It took a long time to develop and will take several days to weeks to help the exhaustion to resolve. Give yourself plenty of time and plenty of time to rest. Eat right, sleep right and simplify your schedule to allow you to do so.

In the meantime enjoy your little treat to yourself and use your essential oils.

**** Burnout can lead to severe forms of depression. If you feel this is more than Burnout please seek professional help and do it now!****

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