

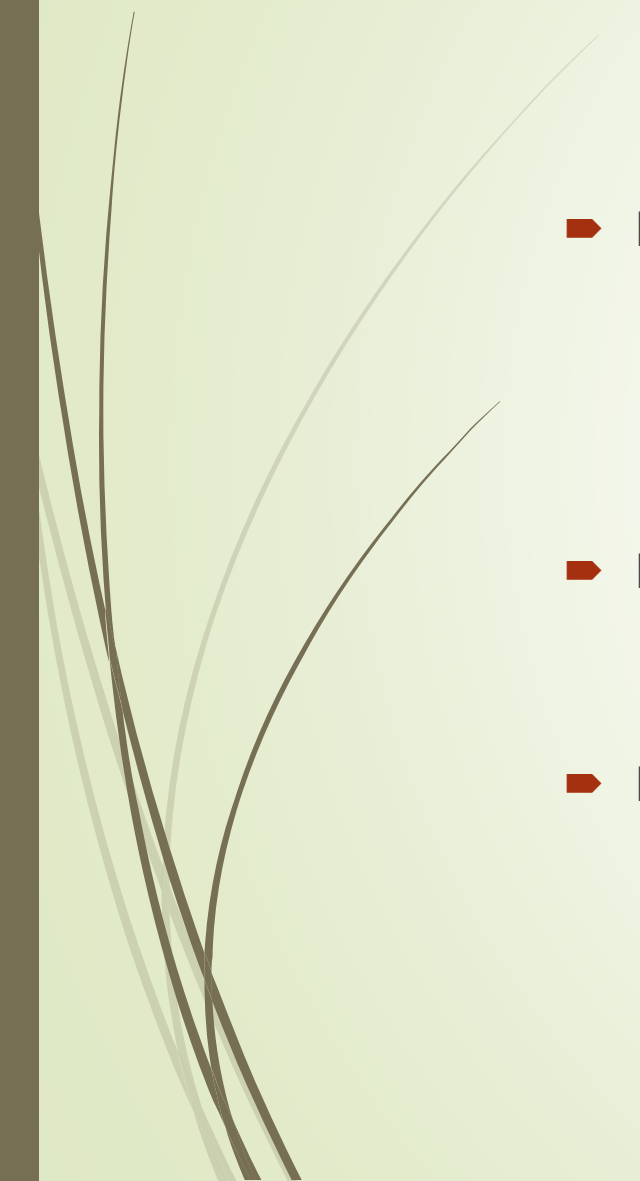


How to prevent burnout

Angela Han



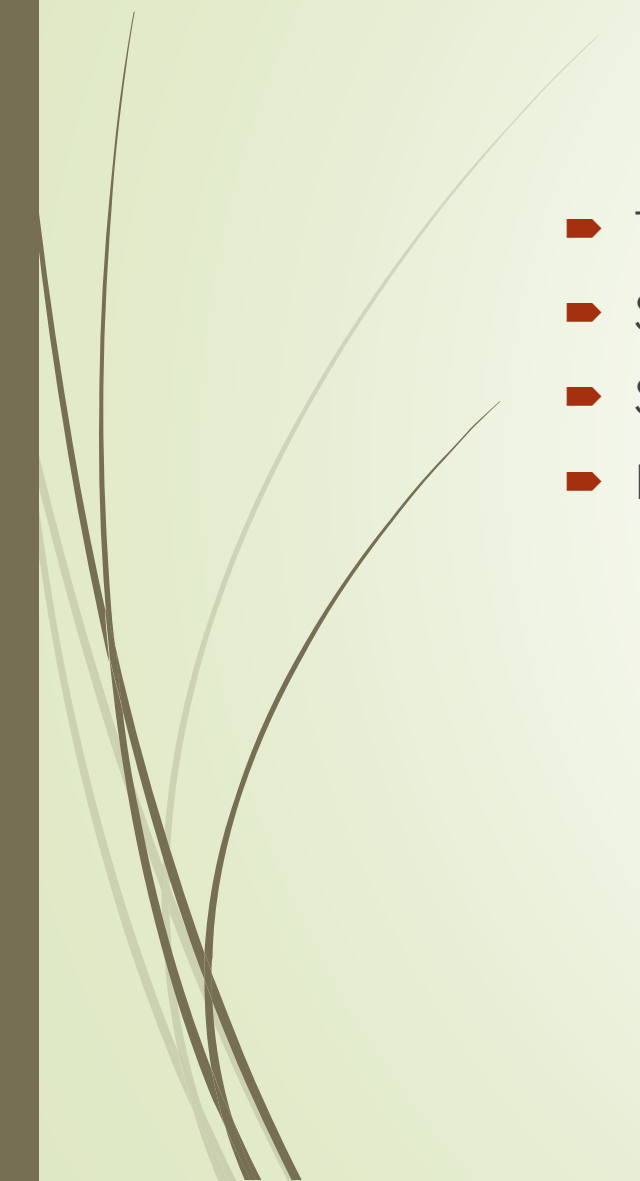
Managing Food



- Problem: Feeling out of shape is affecting our mental health
 - Solution: Feed your body with the right nutrients to support your physical and mental performance
 - Solution: Feed your body with foods that will make you feel comfortable and strong in your body.
- Problem: calories-in and calories-out are not sustainable
 - Solution: Focus on whole foods that are anti-inflammatory and high in fiber to deliver the right nutrients and chemicals throughout the body
- Problem: What is the best diet?
 - Answer: The one that makes you feel the best.



Building a system to manage your food

- Step 1: Track your foods and how you feel afterwards
 - Step 2: Find out which foods are most toxic for you
 - Step 3: Cut one out at a time
 - Keep in mind: Start small
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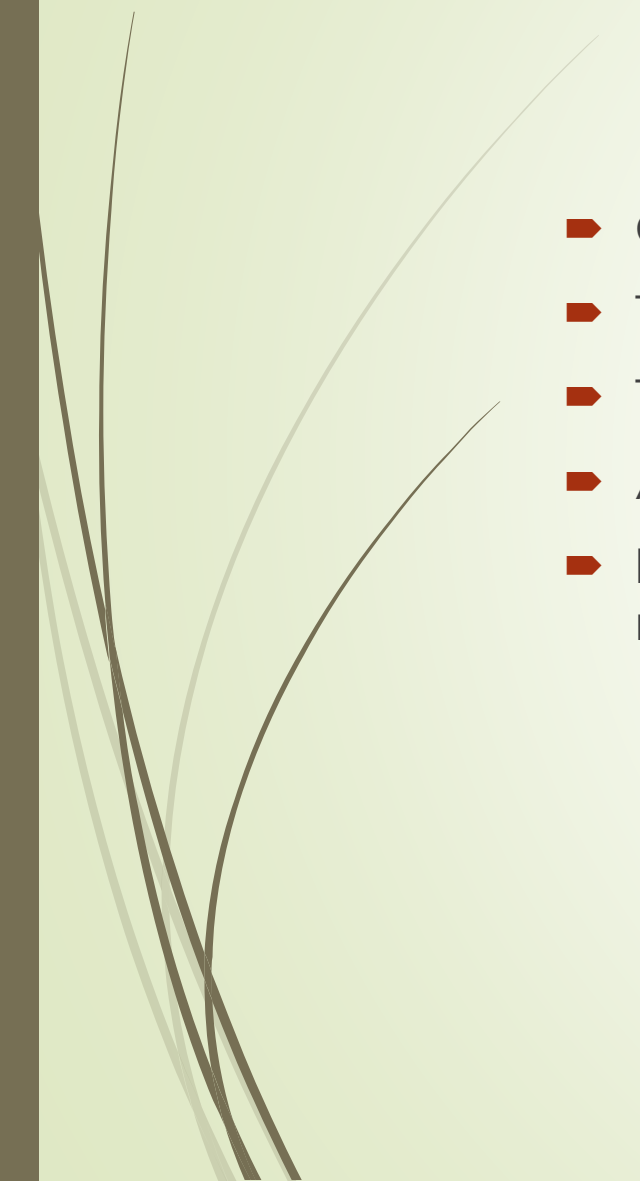
Movement



- Use the habit-stacking formula by James Clear:
 - After I [neutral habit] at [time], I will [desired habit]. Optional: Make the desired habit just 2 minutes.
- Switch up your workouts
- Join a community of like-minded people who exercise for their mental health



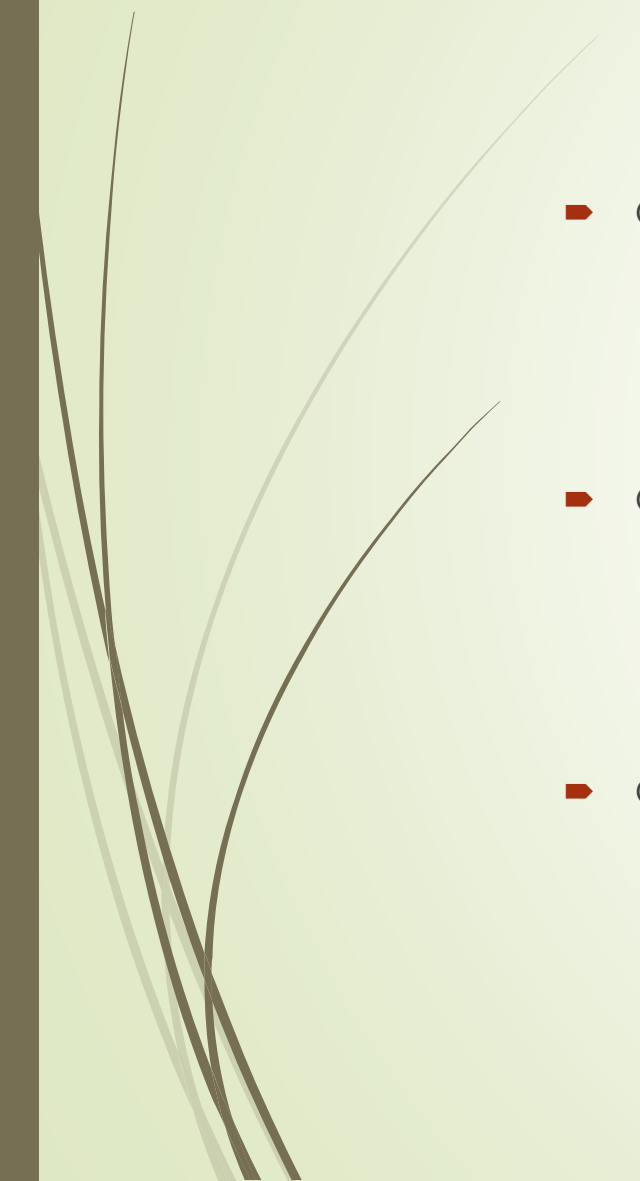
Sleep



- Change your belief that sleep is unnecessary or unimportant
- Take out distractions out of your bedroom
- Take out light sources out of your bedroom
- Adjust the temperature to make it cooler
- If you have your food and exercise systems in place, sleep falls in place naturally



Common Objections



- Objection 1: It's too difficult. It's too much work
 - Set up a system for your undesired habits and your desired habits
 - Undesired habits: make them harder by changing your environment
 - Desired habits: make them easier by including it in your routine
 - Take one step at a time
- Objection 2: It takes too much time
 - Ask for help
 - May not be the right time for this change
 - Every act of health is a form of meditation
 - Save time and money
- Objection 3: Too much of a sacrifice
 - Create an identity for yourself and allow your actions to align with it
 - A lifestyle that works for you is not a sacrifice



Managing your mental health

- Find ways to talk about your passion, interests, and hobbies
- Add time for yourself to your schedule
- Set boundaries and request a more flexible work schedule where possible
- Ask for help
- Try meditation – does not have to be perfect
- Consider whether staying at your job is the best option



Contact Angela

- For questions or feedback, email angela@angela-han.com
 - To book a free discovery call, grab a spot at www.angela-han.com/call.
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