

4 Bulletproof Ways To Prevent Burnout And Anxiety

(And 2 Bonus Tips)

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I've been overworked a lot in the past and experienced all the symptoms of burnout.

I remember being so overworked and underpaid a couple of years ago and breaking down on the phone to my girlfriend who patiently listened to me. I was standing on a bridge looking over the edge and just wanted to jump into oblivion.

I felt like I was at the end of my rope and just getting hammered by life.

Over the past year I've actively sought for ways to reduce that from happening. I'll share the things with you I've progressively done over the past 3 months. Right now I'm at optimum levels of health and happiness as a result of implementing what I'll share with you.

It's all pretty basic and you've probably heard it all before, the magic is in applying it ;)

1. SLEEP!

If you're well rested you're going to have more energy to tackle projects. Your brain's going to be sharp. You'll have the emotional energy to take you through. There's a reason why sleep deprivation is considered torture. So give yourself healthy amounts of sleep each night.

2. EAT WELL

Eliminate processed food and alcohol, eat natural produce, give your body the best nutrition you can, eat regular meals.

A quick way to 'hack' your nutrition is buy a blender and throw in awesome ingredients. Three minutes later you have a delicious meal smile emoticon Here's what I enjoyed for lunch today - coconut water, almonds, banana, blueberries, spinach, coconut oil, mint and coriander all blended together into a super filling and nutritious drink. I won't tell you the measurements as that gets in the way of things. Just chuck in amounts that feel right for you.

3. EXERCISE

This is something I'm just starting to do now, my daily practice of walking in the morning and evening is something I really enjoy. Try to walk in places with lots of trees and nature, away from the hustle and bustle of city life. Find a park, or get away.

4. RELAX YOUR MUSCLES

If you live abroad you'll probably be able to get awesome massages for cheap. Take advantage of them :).

If you'd prefer to be more budget conscious buy a tennis ball and use that to massage your body and ease out all the tension. A week ago I was getting angsty from poor posture working on the laptop all day so I busted out a massage ball and eased out all the tension. 30 minutes later I felt amazingly refreshed and energized.

In other words treat your body (your hardware) with respect. Give yourself the permission to treat your body with respect. Your body is what carries you through life, demonstrate to yourself that you care, that you're committed to treating yourself well. It does a lot for your self perception, how you engage with yourself and the world.

If you do these four things you will be in a GREAT place. It'll give you the physical and emotional strength to face any challenges that come your way and the strength to thrive and go after what you want.

Ultimately it comes down to "what experience do I want to have in life?" Do I want to be tired, emotionally running on empty and exasperated?

Or do I want to be pumped with energy, grinning, feeling good and delivering my best work?

Recognize that **enough is enough**. That you want to stop feeling shit.

Once you've decided that ensure you take the daily actions to support your decision.

BONUS TIPS

1. End your morning shower with a cold blast. I have a regular hot shower, then for a full 60 seconds sit under the cold. Talk about a jolt to the system! Whilst I'm freezing under the water I use Wim Hoff's breathing method to combat the cold (it's pretty much breathing in as much oxygen as you can then only letting out a little bit of air before taking in another huge amount of air and doing that for the full minute). The result is that I'm literally giddy, grinning from ear to ear pumped and psyched for the day.

2. Spend free time with people that make you feel great and doing the things that connect you with yourself.

I sincerely hope you implement all of these, they've all been a major positive influence in my life.

Best of luck!

- David

If you want to read more awesome stuff like this or see a talented artist in action, check out David's site [Awesome Design For Coaches](#).