

So I really want you to think about, are you really looking at your circadian rhythms? Do you understand your cycle? So if you ovulate, are you working on things that excite you? Are you working on things that take energy or add energy to your day? And do you have that glow? Do you have that entrepreneurial leadership glow?

Do you understand your purpose? All these things are gonna contribute to your fatigue, to your burnout rate. And I want you to really start thinking about this.

Welcome to Living In Alignment, a podcast for purpose-driven freelancers, creatives, and entrepreneurs who are looking to start, grow, or people with their businesses, with their true passions and maintain thriving mental health along the way. I'm Ale Wiecek, your host mom, Latina, and I'm excited to bring together a team of experts in entrepreneurship, neuroscience, spirituality, manifestation, and more.

Together we will provide practical ways to help you unleash your potential, heal past dramas, and create a life that is imperfect in harmony with your true self and your legacy. My goal is to help you overcome burnout and stress, achieve clarity, vitality, wealth and alignment. And if that's what you're searching for, then living in alignment.

We'll deliver that one episode at a time. Buckle up and let's make awesome happen.

Hello everyone. Today we're diving head first into burnout, the faces of burnout, and how to equip yourself with tangible strategies to overcome it. And I want you to understand what it means to be burned out in your career. In your business, in your life, and I want you to walk away with ways that you can identify and how you experience burnout will also be very different as to how other people experience burnout.

So let's dive in. Burnout is a very important topic for me. I have dealt with burnout in my corporate career. I have dealt with burnout in my entrepreneurial career, and I must say that I didn't articulate burnout. At the time when it happened, I did look at burnout after it happened, and that created, I guess in my life a little bit of appreciation for the way that we entrepreneurs deal over burnout, especially, and anyone who is feeling like they're racing towards achieving a goal, we must become so aware of how are we feeling in the process.

I remember for me, burnout plays an incredible role. When Covid happened, and I'm sure I'm not alone in this, when the pandemic hit, and at the time I was working on my business, I was just about to pivot from innovation and design thinking into personal development and personal growth, and then Covid hit.

And I didn't have a runway. I essentially had to, you know, homeschool my kids, my husband and I, we were at home. I had to let go of all of my contractors, and all of a sudden I found myself having to go into a nine to five to put foot on the table. And that was a very challenging decision for me to make.

And in all of these, I really, really struggle with my mental health. It's probably one of the lowest times I've ever felt when it comes to my day-to-day regulation of my nervous system. And so today I really wanna jump in, in the nitty gritty of burnout, and I wanna set the stage with a very, very key.

Statistics, especially. These statistics are specific for entrepreneurs and creatives across males and females and anyone who finds themselves dealing with burnout. And we know that we face burnout on a regular basis. And so according to some recent studies, we know the burnout rates amongst entrepreneurs.

Is quite high. A study conducted, but small business administration revealed that approximately 30% of entrepreneurs experience ongoing feeling of some burnout. But what does that look like? I'm really interested in looking at this from a male and female, and there is a lot of biology involved. It's really a little bit about the psychology and biology of males and females, and that's kind of one of them.

Talk about, not so much about gender differences, but interesting enough, some of the research suggests that women entrepreneurs and creative, my face has slightly higher levels of burnout compared to the male counterparts and such. Factors like juggling multiple responsibilities, society expectations, and the work-life balance might contribute to this.

And this is really interesting and I do. Several women in leadership events per year on a mc and a MCK note speaker. And time and time again, we talk about burnout in these events from the place where women have to look after all the parents. Women have to look after children, and of course things have been changing, but there is a lot.

Of societal expectations and even expectations from females or anyone who identifies as a female to really step up differently than males. And even though this statistic is discouraging to me, I really want us to focus on the incredible strengths and resilience that really comes from creatives, creative entrepreneurs, and anyone.

Who are really trying to achieve and strive in doing something they wanna do in their life. And even though more burnout might be challenging, it is also an opportunity for growth and learning. And I really want you. To have this embodiment of burnout being also an opportunity for growth and learning, because we know that burnout can be an incredible opportunity for you to really tap into the reasons why you were burnout in the first place.

Why were you feeling burnout? What strategies you had in place, what strategies you should have in place to avoid burnout going forward. So I wanna start by talking about what exactly is burnout, and simply put . Burnout is a state of physical, emotional, and mental exhaustion caused by prolonged stress and overwork.

That's exactly what it is, and you can leave you feeling drained or motivated and detached from your sometimes passionate projects, passionate pursuits, even those projects can feel so

draining and energy taking. So if you're working as an entrepreneur and creative in the early stages of your business, or you're in those phases where you're hustling is almost like you gotta go, go, go, go, go.

Hustling mentality is something that has changed dramatically over the last few years. But hustling is not sustainable if you're sacrificing your sleep, for example. That is not gonna work. Your nervous system will be activated so much more. The risk of you jumping in there without having space to act and react is gonna be so much greater.

You need to ensure that you have your baseline of sleep and nutrition and practices that are really gonna help you in order for you to really thrive in the phase of burnout. So if you think you need to tackle different things on a regular basis, or are just taking too much, I really want you to think about the internal and external factors that might be contributing to this fatigue.

Why? If you're loving your business, why? If you love your projects that you're working on, why do you feel burnout? So for a moment, I want you to think about the internals and external factors of burnout. So internally, there could be many things. It could be. Lack of sleep, it could be lack of purpose.

I am doing something, but it doesn't quite feel aligned with my purpose not knowing. Your entrepreneurial or creative glow, and I wanna explain this. The way I want to explain this is by the following, I want you to think of a project that gives you so much flow. And for those who know what flow is, is when you're in state of.

Losing, lacking a track of time. You're working on something that just makes you feel so wonderful, even if it's challenging. And this is something that my beautiful friend who presented at a conference, I was mc, and she shared this, and she's like, what is your leadership glow? It was for leaders, but this also applies to entrepreneurs.

What is your entrepreneurial glow? And that entrepreneurial glow will come so easy that will give you the confidence that you need if you look inside of you. And in this moment, you look at everything that you got going on and you see that you are working on projects that are not giving, they're not part of that glow.

They're not giving you that confidence. They are gonna be taking energy from you. And I always love to talk about energy taking and energy gaining any project that you embark on, even if it's really exciting and it's totally in your glow. Can also take energy from you, and that's when you gotta top yourself up.

For example, for me working on this project, I knew it was gonna be a long project. Launching the podcast was gonna take an awful lot of time, and I needed to ensure that I had a lot of different practices along the way to not feel that all these things were gonna give me, you know, so much burnout. I had to work on my mental health.

I had to incorporate more meditation practices, journaling. Tapping breath work, cold showers, exercising, eating healthier, sleeping better. They were all baselines for me and I knew I had to do those things. So for you it might be I'm not doing something that excites me anymore. Well, can you still get excited about it, but still maybe incorporate some practices to help you?

Do you have a really good healthy work-life balance right now in your business? You know you are working on things that really excite you. How are you managing your day-to-day activities? Are you delegating, are you asking for help? I wanna say this with. A lot of love. We sometimes struggle asking for help, and I see this, especially in my female entrepreneur fellows, my struggle.

You know, sometimes you think like, oh no, you know, I don't wanna ask for help. But asking for help is really important. So sometimes delegation can be a really key strategy for you to use if you're not managing your day to day. I want you to also start thinking about your circadian rhythms. Your circadian rhythm is essentially when you sleep and you're awake.

And for a lot of people, you know, you're more of like a night owl where you wanna work very late, and then you, that's when you're most creative. And then you wake up in the mornings and then you need to wake up a little bit later. So, for example, if your circadian rhythm is to be a night owl, but you're going to bed really early and then waking up early in the mornings, of course, just circadian rhythm will change dramatically.

But that could actually have a detriment, not just to your brain, your plasticity, but also on how you deal with burnout. Because essentially you're asking your body to do something that before, but biology is not able to do. So I really wanted you to pay close attention to this when you're waking up and when you're working. These times are really, really important.

For anyone that ovulates, I want you to look at periods and cycles very closely when it comes to burnout. If you identify whether it's male or female, but you ovulate, we have cycles and these cycles are. They take, I suppose, different energies and they do different things in your body where your different hormones go up or down.

Your progesterone changes, your estrogen changes, and there's a lot of different things. So if you ovulate and you go through, for example, luteal phase, which essentially happens before you get your period, and even, I wanna say these. Even if you're on some sort of contraceptive and you do not physically get your period, you do not physically bleed, you still have your luteal phase, and in your luteal phase, you would be going through different changes and hormonal changes that are in fact making you more prone to being more emotional dealing, uh, unable to deal with different activities and stress the same way I, for example, have been struggling with hormones for a couple of years now, and one of the things that I learned about my luteal phase and entrepreneurship is that I had to work with my hormones and my task to thrive.

And I really wanna emphasize this for, there's a lot of women out there who have a condition called pm d d. That is something that I do have. And it's when it gets, everything gets really

dark. And it could get really scary at times when you have your lu, your face, and in those moments, anything that you do, your family life, your relationships, your adventures, your creativity, your projects, your work, your business, whatever it is, it's just gonna almost have that tint of what is happening with you.

Hey, I wanna ask you a question. Would you like to have instant access to a simple, intuitive, and scientifically proven framework that has helped entrepreneurs and creatives like you remove burnout, gain clarity in, minimize anxiety in no time? If the answer is yes, I would love to invite you to a seven day challenge to living in alignment.

The challenge is something that you can do. Anytime. And if you feel like you have been riding on a train to the run destination, my friend, this is for you because you know it is time for a change. The challenge would help you to discover and use practical tools to live a more fulfilled life and regulate your nervous system along the way.

And our journey towards alignment will really help you stay focused on your true self. Even in the midst of chaos, you will spend each day on every activity that will foster your alignment, and I promise it won't be more than 30 minutes, sometimes 10 minutes, sometimes even less. And even would include things like grounding unsighted, release cart cutting, ego TAing, high self journaling, and so much more.

If you want to join the Seven Day in Alignment challenge and start living the life you truly deserve in giving your body and mind the rest in need, then go to the website, <https://alewiecekrojo.com/7dayschallenge> and gain access to this challenge that will change your life and will give you a whole new level of tranquility that you can replicate.

For life. So working, understanding your cycles, working on understanding that, especially for people, creatives and entrepreneurs who ovulate is really, really important. Now it's also about finding that work-life balance, and I really think there isn't such a thing as a work-life balance. I really believe that we have to purposely and consciously find the best balance we can have.

And it's almost like these balls in the air that you're juggling and. You know that some of them are made of plastic and some of them are gonna be made of glass, and you just sort of gotta make sure that, you know, the plastic ones can fall down on the ground. That sometimes could be well catching up maybe with, we are friends over a coffee because you know, you got to prioritize your mental health.

Or your family routines or whatever it is. But there are some glass ones. Glass ones. You don't wanna drop them. That might be for you, your sleep. That might be for you, connecting with your community, that might be for you. Really ensuring that you're spending time in nature, like these glasses, glass bowls and glass balls.

You need to identify them and they will be different at different times. It's also about, Managing your time effectively. I have personally struggled with this. I do tend to, as an adhd, I do tend to

lose track of time sometimes. I also tend to wanna do a lot of different projects simultaneously, and so managing your time effectively could be a beautiful strategy.

It could also address your chronic stress if you're not doing it. Low hanging fruit tasks first, and people call them Eat the frog. Eating the frog is when you do those activities or those tasks or those things that are gonna take very little time. But if you don't do them, you're gonna keep thinking about them.

I'm thinking about them and thinking about them. So eating the frog is really about doing those tasks that you don't wanna do. It might be. You know, a reconciliation of your bookkeeping. It could be sending that email. It's really those things that even your unconscious mind doesn't want you to do. Just get it done.

Get it done first thing in the morning, and you could even use what Mel Robbins talks about, which is the five second rule, right? The five second rule is when you jump into action before your unconscious mind, your inner shadows, your ego jumps in. Your primitive brain comes, jumps in and tells you, what are you doing?

That is just a silly idea. What are you working on right now? Don't do it. So really jump in. You do the five second rule. Make sure that you jump into action rather quickly. So I really want you to think about it. Are you really looking at your security rhythms? Do you understand your cycle? So if you ovulate, are you working on things that excite you?

Are you working on things that take energy or add energy to your day? And do you have that glow? Do you have that entrepreneurial leadership glow? Do you understand your purpose? All these things are gonna contribute to your fatigue, to your burnout rate, and I want you to really start thinking about this.

Now, when we talk about, when we talk about external factors, we might be talking about the environment in which we're in. So you might be working in an environment that is setting unrealistic expectations, or you might feel under-valued if you're a creative or an entrepreneur. This happens even. For a lot of freelancers who are working with clients that you don't feel like they're valuing correctly, this sometimes comes from not charging enough.

You know, you're not charging enough for your work. You're putting an awful lot of hours into projects because you have a perfectionist sort of attitude, and this could be very detrimental to your mental health. Because there is too much put going out from you and very little coming in. So you might feel that, you know, you might not be able to overcome this, but it's really about paying attention whether or not these external factors, like the people you're working with, the people you're spending time with, and sometimes even in business, in entrepreneurship, you might even be spending time with contractors and employees and your team.

So really pay close attention to how you're managing. Your work environment? Do you have the right people in the right seats? Are you ensuring that everybody's really working on that? The

glow that they have? And I really want you to really pay close attention to this environment cuz these external factors can have an incredible role.

Financial stressors can have an incredible role. You know, really trying to achieve specific financial targets in your business could also have an incredible role. So I really want you to think about them. And articulate, what are those ones for you and what are the things that you are in control of, and what are the things that you're not in control of?

I think that is really gonna be a really great starting point now. The good news is that burnout is not a mountain that you cannot climb. It is crucial to recognize the science of burnout, and you need to take proactive steps to prevent it or address it. And remember, you're not alone on this journey.

You need to reach out to people for support, whether it's fellow entrepreneurs, mentors, seeking professional guidance as well. And as we know, successful entrepreneurs have experienced burnout. I have experienced burnout. And at some point in your career, you're gonna realize that. Gosh, I really need to find these strategies.

I really need to become better at preventing burnout or finding ways that I could deal with burnout when it happens. So how can you prevent burnout? So I want to explore. Some practical tips and strategies that have helped me and will definitely help you in maintaining your well being, and we'll keep burnout blues at bay.

So how do you control this burnout and reclaim your wellbeing? Well, first and foremost, you need to embrace clarity. You need to be so, so, so clear. About what is giving you burnout. You can conduct a burnout assessment and identify what drains your energy and what fuels your passion. And if you gain self-awareness, you can make informed decisions about your career path, about your entrepreneurial path, the projects, the pivots that you need to take in your business, and ensuring that it aligns with your true aspirations.

If you do wanna take a burnout assessment, you can go into this episode, episode four, and you will be able to find a burnout assessment on my website, squarewonder.com you slash episode four, and you'll be able to find the burnout assessment that you can take to sort of identify I'm a pronoun. What is giving me burnout, and this will give an incredible level of awareness, and you then can make informed decisions about the things I need to change, the things I need to stop, and the things I need to pivot in your life for you to be able to do burnout differently.

Okay? The second thing I wanna talk about is how you prioritize self-care like never before. This is about setting boundaries, especially when you're in a professional or personal setting. Change in your life, and I don't want you to be afraid to seek support from family and friends. I want you to also think of mindfulness to help you, and techniques such as deep breathing or meditation, tapping, hypnotherapy, rapid resolution therapy, they can all help in so many ways and really infuse a daily routine that can create really great habits.

I'm doing at the moment, this really great facial fascia, I don't know how you pronounce it, on my lymphatic system and my face. And it's all been really lovely and it takes about half an hour to do every day. And actually some days I don't even go to the gym because I'm like, well, I'm doing this like

Fascia body phase type of workout. And anyway, that is giving me so much internal energetic glow and I want you to find it could be anything. What are those things that you can do that will give you that internal energy flow? I also want you to start thinking about the food that you're eating. And this is really, really important and this is something you gotta work with an expert, but your nutrition plays a huge role.

In your burnout rate. I, for example, started picking up that my body wasn't like gluten and dairy the same way I used to many years ago. And so those are things that I change in my diet. There are a lot of different statistics and studies around plant-based and different types of diets, and we really need to understand your biology first.

I want you to understand what is your biology. What are the different types of foods that your biology needs in your body? And that diet will actually have an incredible impact. I don't want you to go into it, I'm gonna do plant-based. I'm gonna eat just vegetables, or I'm just gonna be eating meat or eggs or, or liver, whatever.

All these different diets are around. Because your biology is different to everyone else's, you really need to work with an Ayurveda expert to understand your biology. You need to work with a natural path, a dietician or a nutritionist to really understand your diet. And I cannot emphasize the importance of this.

Obviously, the next thing that you can look at is regular exercise. And I wanna talk about this a little bit because for a lot of women, And men and anyone who has struggled with exercising is that exercising is not something that you gotta have a mindset about having a six-pack of the big muscles.

It is okay to have that mindset. I've definitely had that mindset, but. For me, exercise is about working out your brain, and as we know from the incredible studies that are out there, when you exercise, you create different hormones. You regulate your nervous system differently. You regulate your lymphatic system differently.

You in fact create dopamine in ways that are really gonna be sustaining a much higher level of stress during your day, and you are gonna be able to also create neural pathways in your brain. To deal with different complexities and live challenges as we know them. So I don't want you to think of exercise as a thing that you gotta do to go to a beautiful summer holiday.

It is so good and good to do that. But exercise is really important to think about. The impact that it has on your body, the impact that it has on your brain, the impact that it has on your mental health and the impact that it has on your hormones. This is really important to think about and

the most valuable asset I think when it comes to prioritizing self-care as we're talking about it, is to really understand your, so.

It is really to understand your body. When I talk about self-care, I'm not talking about putting a, a facial mask and jumping in a bath. That is beautiful and you should definitely do that. But self-care is really going inside of you and understanding the really core, sometimes unconscious reasons. While you are struggling with burnout, and it's also understanding your body, how is your body moving?

How is your body reacting? And you can do different practices to understand your body. Connect through breath and slow down for a few seconds and understand what are the different parts of your body feeling. You know, if you're feeling some tension or tightness or stress or anxiety, where is that sitting in your body?

Announce that part of your body, whether it's your gut, your heart, your chest, your neck, your head, your toes, wherever is that coming from? Why is it coming from there and what does it need from you? We have different parts on our bodies in the summer. There could be exiles, there could be parts of your body that do genuinely need support and guidance, and it's almost like they are stuck.

So doing self-care is really working with your body. You can do different practices like I call it range dancing, but a lot of people call it different names. When you move your body and when you have that energy overload and you essentially want to just let it all out and move this rage, these emotions from your body, you can do a lot of different really kind movements.

To move your body as well. It feels really connected. I do this on a regular basis. You can even check my Instagram where I have a somatic dance video that I posted back in mid-May. I posted a couple of weeks ago, and it was really, really helpful for me to show people the benefits of these types of dams and how you can utilize this to minimize burnout as well.

So, We know that throughout careers and our professional journeys, we must prioritize our mental health, and you need to navigate life and career and all of the different things are happening. We graze and we love and compassion and self-love, and we know that by reducing the stress and anxiety, you can approach challenges differently.

You can approach challenges with clarity and resilience and less burnout and being fully engaged in your work. Really. Is going to fuel your motivation and enhance your overall satisfaction studies. Talk about that if your day. Is, you know, filled with different activities, but 20% of that day is filled with something that gives you joy.

You are sweet. You only need to do about 20% of your day doing that activity. That gives you joy and the rest can be maybe different things that maybe don't give you so much joy. And this is really important. To think about, are you doing things that give you joy for at least 20% of your day? And if they're not, something needs to change.

My friend and I know that it's scary. I know you might not wanna look into this, but that might be one of the reasons why you're feeling burnout. So let's wrap up this episode with some key takeaways. Remember, find something that you love doing. Find this 20%. And see if it's giving you love and it's giving you the fuel for your fire.

You need to get very clear on what is draining your energy and what is adding energy to your vitality. You need to move any external factors. It could be people, it could be the environment. Remove any noise that is distracting you from your true self. True path. If there is anything in this moment that you find that is conflicting, it could even be conflicting projects.

Put it aside. Just put it to the side and focus on the one most important project right now, which is gonna be your mental health. And most importantly, I want you to really focus on your wellbeing and your healing. Healing is really important. Burnout. I really, truly believe it is connected to healing. If you have been working for some time on your own healing, you will know what this feels like.

And if you haven't gotten started on your healing journey and healing is gonna be different for many people, I really wanna invite you to try different modalities for your healing. It could also be about looking at things differently. Experiences in your life that might have impacted your subconscious mind for you to be dealing with burnout and anxiety and stress currently in your adult life the way you are doing.

And this is gonna be a beautiful journey, I promise. So I want you to remember this because you deserve to thrive in both your personal and professional life. And burnout is something that you should not experience. For a long time. Burnout is something that it is okay to happen at times because we're humans.

We're not perfect and we're just dealing with life. But I want you to know that burnout shouldn't be a norm, shouldn't be something that should be in your life forever. So there you have it. Ways that you can embrace your power, you can conquer burnout, and keep pushing forward on your entrepreneurial journey.

Journey. I want you to stay inspired. I want you to stay passionate and never forget that you have the strength to overcome any obstacle that comes your way. If you wanna assess your burnout rate at the moment, You can go to www.sqrone.com.au/episode4 and download the Burnout Assessment Guide to help you.

It will give you an assessment, but it would also give you some really great strategies that I have personally used and I have used with our students to help them. Deal with burnout in their corporate lives, creative endeavors, freelancing, adventure or entrepreneurial adventure as well. So whatever works for you, try giving it a go.

Have an experimentation mindset, have a growth mindset, and remember, burnout is now here to stay. I love you lots and will talk to you very soon. Bye-bye.

Thank you. So, So much for tuning in to living in Alignment. I hope our conversation and mindset, trauma healing, entrepreneurship, and self-awareness have inspired you to unleash your full potential, find your true purpose, and build the business and life of your dreams. If you want to join a community of like-minded individuals who are committed to personal and collective healing while creating a professional life they love.

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Bye-bye.