

Welcome to Right Here in Mass. We're a weekly podcast that features individuals throughout the Bay State who are on our radar and should be on yours. From the Berkshires to Boston, Cape Cod and the Islands, tune in to learn about who you should know Right Here in Mass.

Welcome back to another episode of Right Here in Mass. I'm so excited to have Sarah Vittori here today, a former high school guidance counselor turned entrepreneur. Sarah is a somatic experiencing practitioner, peak performance coach, and level two melt method instructor. She supports leaders, business owners, and busy humans at the somatic and energetic levels to expand their capacity to be in the flow of life and business with more ease without the overwhelm and burnout, Sarah, welcome to the show.

Thanks so much for having me, Ashley. Happy to be here. Yes, it's my pleasure. I'm really looking forward to this episode and the exciting topics that we have planned. But before we dive into that, I'd love it if you could share with our audience more about you and what you do. Yeah, so I'm in the eighth year of my business.

I grew up in Western Mass, so I grew up in Amherst and moved out to Belchertown. And so I was a guidance counselor for five years and stepped into that environment and was like, Oh no, a system. No one told me about this. I don't want to do this. So I started to plot my escape, so to speak, right, right away.

And my father is an internationally known sports performance consultant. So I decided to start to train with him so that I could really step away. And so that was a long time ago at this point. It's so crazy to think that this is my eighth year of my business. But I create spaces for healing, integration, and expansion.

I'm a somatic practitioner, so what that means is I work with the body. So a lot of people don't really know what somatic means. Soma means body. So I'm helping people understand how their nervous systems are wired, and how our automatic programs, and patterns, and behavior kind of come online. get in the way of us showing up in our fullest expression.

They get in the way of us feeling healthy or feeling energized. I definitely have a history of being sort of a perfectionist chronic doer. And when I left my job, I was caring for different illnesses that were showing up in my system. So I'm really passionate about helping other business owners and other Entrepreneurs navigate being here on this planet in a way that's not painful, that doesn't involve illness or burnout.

I really think we get to hold it all and do it all and not have to be doing it with some of the dysfunction that we think is just a part of, of living. Yes. Yeah. Yeah. Lots of exciting stuff, and I especially love that you seem to work with many different types of people. So you work with athletes, you work with, I believe, teenagers, business owners, like all across the spectrum.

So I'd love if you could kind of dive deeper into that in terms of how you can support these individuals and really meet them where they are. Yeah, beautiful. So I have different pillars of

my work. So in one sense, I identify as a peak performance coach. So I'm working a lot with athletes who have blocks and fears, a lot of performers who are also navigating that.

And then also business owners or entrepreneurs that are navigating sort of like the fear of visibility and putting themselves out there. And what I'm doing in those cases is people are coming to me with their issue and then we're helping sort of learn how to focus mindset, how to train our brain to really orient to what will help us access our potential and sort of that mind piece.

And then we have the body piece, which is the nervous system. And we're not really taught about our stress physiology. I think in our, in our culture, we just have a lot of sick adults. We have issues, chronic issues with our kids over medication, diagnosing with anxiety and depression. And really the root of all of this from my lens and perspective comes from a healthy nervous system and helping people learn how to tap into that and access that and really sink more into organic cycles of health.

And when our nervous system is working well, whether we're a performer or just a regular, regular person, it allows us to have energy. Like I feel energized. I feel creativity. I have get up and go, and I want to be involved and do all the things. And then also I can then rest. And settle and sleep really deeply and a lot of people that come to me, no matter what pillar it is, are not able to rest or slow down or when they have the space, then it's still churning or still going or they know they're really tired, but then they can't sleep.

So in one way it's the, this athlete performer entrepreneurs who want to really embody confidence and access potential. And then I'm working a lot with business owners and entrepreneurs to expand capacity to navigate everything with more ease so that we're not moving into collapse and burnout. We.

listen sort of head up in our, in our society. We're very mind focused and we often forget about the body. And so, so many of us have learned how to override and ignore what's showing up. And when we do that, that creates a lot of dysfunction. So years of ignoring or no, uh, years of like shoving down anger, not expressing emotion, years of pushing through when we're tired.

And overriding and not sleeping deeply is going to generate a lot of dysfunction. And that shows up in different ways. Feeling more irritated, snapping at your staff members or your kids. That shows up as not sleeping deeply or having digestive issues or feeling like you've got a lot of pain and achiness.

So with this pillar in my business, I'm helping people really orient to how to get their bodies working well. And I do that in a variety of ways. I'm, I'm a forever learner, so I'm always taking new trainings, but my, my work's very body focused, because that's often the missing piece. People, people find me after they've done a lot of mindset coaching or a lot of therapy, and they know what they want to change, and they just can't get their body to, like, line up with that.

They know they want to set goals. set a boundary with a staff member or partner, but they can't, or they feel guilty after they do, or, you know, they put themselves out there and they're anxious the whole time and then after their workshop or presentation, they get real sick or collapse or feel exhausted.

So really helping the sustainability of the body so that we can show up and Hold all the pieces without the collapse that tends to happen because a lot of us cycle through this burnout. And that definitely was my journey. And I was super burnt out and I ended up quitting my guidance counselor job because I was navigating all this chronic illness in my body and pushing myself in ways that just wasn't healthy at all.

And My body got loud. Our bodies get real loud when, when there are issues. And so I'm really passionate about helping people before they get, before they get to that point. So that we can embrace the potential that we have and be in the world in the way that we know can be of most service to our clients and to our families.

Yeah. Because I'm also, I also homeschool my youngest. I have two boys. I have an 18 year old and a 10. And so we're homeschooling. So for me, it's really like always how am I finding space for myself? How am I getting my recharge spaces so that I can show up for him when we're learning? So I can show up for my clients.

So I can show up on retreats. In, in my fullest grounded presence. Absolutely. And of all the incredible things that you just mentioned there, I feel like a big underlying message for a lot of our listeners is that self care is not selfish. And I feel like that's something I need to constantly remind myself and just with my other business friends as well, with the conversations that we have, it can be really, really hard at night or on the weekends to turn off those thoughts because you feel guilty about it.

You're like, I could be doing A, B, and C. But instead I'm sitting on the couch, and so it can be so challenging, but rest is productive, and that's something I've had to teach myself, and I love that you help your clients do that too. Yeah, I love that, and rest is doing, like that, that's something I've had up on my wall, rest equals doing, and for those of us that are in the churn and like are doers, that can be a really helpful reminder.

I mean, there's a lot that's going on at a biological level when we are letting down, when we are resting. And, and there is a difference between checking out and disassociating and rest. And so it's sort of like learning like how to create pockets that are generative, that are in service then of our productivity.

I always tell people, if you can't rest for yourself, then rest for your business. Or rest for the people that you love to start anyways, because it really is in service of our capacity to have more patience and to just feel better in our, in ourselves and our bodies and then that's going to help us feel most aligned when we are then navigating whoever we're interacting with.

Absolutely. And you had mentioned some physical, I guess symptoms might be the way to phrase it, physical, um, ways that. Burnout manifests ultimately, and so when people start to notice that what are like the next steps that they should take like they might be noticing that there are some signs that they might be facing burnout, but they might be like, I don't know what to do now that I realize I'm facing burnout, what do you usually recommend to people for that?

Such a great question. And I think everybody's different, but I'm a big sort of spokesperson for going back to basics. And so a lot of the dysfunction in our body stems from us ignoring. And so really reconnecting to how our nervous system is communicating to us. And that is through the different sensations in our body.

So. The easiest place to start is starting to honor your body's cues when they show up. So, going to the bathroom when you have to pee, right? How many of us just hold it till the end of the meeting? Or, you know, to the end of the movie? Or, like, you know, or just driving one more place before we like, say, And as silly as that sounds, it's one of the easiest places to start to recognize like your impulse to then not to ignore it, to just keep working, to just finish that email.

Can you interrupt that and take care of that basic need? So basic needs are a really great place to start. Bathroom, eating when you're hungry or not eating if you're not hungry. There's so many of us out there. that like aren't eating through the day and then we're getting a headache or we, you know, we think we're up in the rush and we're all in the buzz, but it's when we're not feeling ourselves that's going to break our body down even more staying hydrated, um, honoring emotions.

When they come up, we shove a lot of them. And sometimes it's hard to be in that expression. Sometimes we have to choose not to be in a full emotional expression. Like for example, like with my 18 year old. It's not productive for me to rage out at him when I'm frustrated that he hasn't, you know, cleaned his room and it looks like a trash can, right?

Like, that's not productive. I can be stern and firm, but I don't want to come in in my rage self. So I might choose to temper, even though I might be feeling that in my body, right? I might be choosing to temper that. But honoring emotions when they come up, when we start noticing them, even if we're not Then following through with them, honoring them is a place to start.

So, bathroom, making sure we're resting when we're tired, eating when we're hungry or not, and honoring emotions. That to me is sort of a foundational place to start. Sometimes it's really hard to, like, fix the burnout because we're still in the environments. We're still doing our jobs and in our busy lives and it can feel very daunting or overwhelming to think, oh god, now I need to take a month off or now I need to have all this full time.

And we really can start small by reconnecting the ways that we've ignored our bodies and start to honor those things. And when we're taking care of basic needs, because we do live in physical bodies that need things, we forget that. We really forget that. But what's amazing is it's in service of then our creativity and our optimum functioning and our brain function.

When we're not taking care of these things. we're not going to be as productive or effective or efficient. So that, that would be how I would start with someone who's coming in with me, you know, what working one on one is, you know, let's start to address some of the ways that we're ignoring these basic needs.

Yes, and I think that's huge, too, because just taking a few minutes a day to, like you said, go to the bathroom, eat a real meal, step outside for a few moments, can really bring more time back into your day that you feel more energized, creative, productive, and inspired, really. Absolutely. And then to piggyback on that, you know, it's about creating space where we're really getting to recalibrate, where we're really getting to restore.

And, and I would say that's not like screens, like not scrolling, like maybe you'd listening to something is fine, but like when we're on screens watching stuff, we're actually getting stim through our central nervous system. And so making sure we're creating spaces for ourselves where we're not. Working.

Right? No work, no work allowed. And, and I, I do that in a few different ways. Like I have daily spaces which are, um, really woven in because I'm so full in my life. Like it's not like, Oh my God, I'm going to have three hours to myself today. It's really like, Oh, I'm walking to the bathroom and I'm feeling my feet and I'm taking some breaths or, Oh, I'm going to get up in between my client and just stretch.

a little bit instead of, you know, staring at my screen and going on to the next, right? Like little ways that we're breaking up the time. So that's sort of like my daily spaces and then creating weekly spaces that might be a little bit longer, an hour, a half day, something where you get to just check in with your body and let your body lead.

It might want to rest. It might want to walk. Um, so often when I start this with folks, and this was my experience too, we don't know what we need. Because we're so used to ignoring and overriding, we get empty space and we're like, oh no, I don't, I don't even know. So it's like letting yourself be in that unknown space.

And what happens over time when you build that in enough and your body gets to count on it, you start to feel desire, you start to feel generative in a moment. I love that and it reminds me of something that I feel like I recently learned about which is like the idea of romanticizing your life and it's the idea of if you're going through your work day and you kind of need like a little bit of inspiration or creativity incorporating things in that give you something to look forward to so maybe you Get a nice coffee and now you're excited because you have a nice coffee when you work or you're wearing comfy clothes and you feel really at ease or you're listening to really great music and you feel excited and pumped up about the day and I feel like incorporating stuff like that has helped change how I view things and how I approach what I do because I'm incorporating things.

exciting things or things that I really enjoy into something that sometimes might bring dread or might bring overwhelm or anxiety or anything like that. Yes. Oh, I love that. And that gets the brain, because our brains and bodies are wired to find danger. Like our job as, as our mammal body is to protect ourselves.

And so our brains tend to hyper focus on dysfunction, which is why so many of us feel so anxious all the time. And so if we're scheduling in or setting really clear intentions for ourselves. to like have these little like glitter moments in our day or things to look forward to or a space to take a breath.

That's going to start to shift our neurobiology and that that's really then how we start to to make big changes over time in our bodies. Yes, I love that. And you had mentioned, too, something I want to go back to about, like, finding things to do for yourself, whether it's, like, a few minutes here a day, maybe an hour or a half day later in the week, um, to do stuff.

Like, how do people figure out what they want to do? I think it can kind of be challenging to find a new hobby or find something, like you said, that's not work, I think can be a struggle for people. So how can people go through that, like, exploratory process? Yeah, Oh, love this question. So, what I have clients do a lot, and this is how I started to connect with sort of sensing into what my desire was, like what I actually wanted, because as a recovering people pleaser, my job, I was so good at morphing and twisting and turning into what the other person wanted or needed from me, I really had no sense.

until my 30s, like what I, what I actually wanted. I mean, we're talking about food, or music. I'm just so agreeable. I prided myself on being so agreeable. So the way that I started to tap into what I actually wanted to do or was curious about, was setting aside the time, so it would be like an hour, two hours, and I would pack up a big bag and go to a local reservoir.

I live near Quabbin Reservoir. It's gorgeous. It has all these different places to sit, and my bag would have my journal and some art supplies and a snack and a coffee, and I'm really into, I get a little witchy, so I'm into oracle cards. I love that. Oracle cards, and I have my music with me, and And I would go and I would sit, and I would sit until I could feel from inside what my body wanted to do.

Sometimes I sat the whole time. Sometimes my body was like, ooh, like, go look at the water over there, and I'd walk over there. Other times I'd have a sip of my tea or stir tea, you know, eat my snack or, you know, doodle or pull a card. and start to really learn what it feels like inside my body to be pulled towards something.

So I call those pulls like little pings. Like, and when we're go through our day, like noticing kind of like what pings us, what catches our attention. A lot of times it is very connected to what we liked as kids. And so that can be a good starting point is kind of thinking back to like when you were young and carefree and when no one no responsibility and obligation like what kinds of things did you like to do or what kinds of things did you want to do that maybe you weren't

allowed to do or you didn't get to explore as much and that can also be like a really nice entryway into learning then What hobby I want to start being, you know, being involved in or like what's something I might want to pursue so that that's sort of, you know, another way in is kind of going back to what brought you joy as a kid.

Yeah, I love those suggestions and I think it's a really interesting point that you brought up about the fact that you physically left your home and drove to a reservoir and kind of brought yourself to a new environment to have this almost discovery session because I think that there's so many distractions at home or in a spot where you're constantly, where you constantly are.

And so I think being somewhere new where you don't have all this noise around you gives you that quiet time to kind of think about what you need in the moment. Yeah, and I think, too, it can cut back on the guilt, sometimes, right, like, especially, you know, we're, we're wired in this way, like, and been conditioned to, like, productivity is good, like, we're praised for it as kids, and, and so it makes sense to a lot of times for those of us who are recovering from not stopping or, you know, being in that, on that hamster wheel, it brings up guilt to take the space.

And so physically removing yourself from your workplace and then your home gets you out of the environmental pattern, too, and it's easier, and I do notice, like, you know, people report having less guilt because they're not like, Oh, I could just pop open my computer right now, or, you know, I can go just do this one thing real quick.

For me, I really had to make, uh, intentional choices to get out of my environment. Yes, and I love that, and I love what you mentioned too about people, which I feel like I'm loving everything you're saying, I feel like I've been saying this this whole episode, but it's so true, you're sharing such good gems here, but I love what you're saying about just kind of having that separation, that's one thing that I found when I faced burnout was like, anytime I got those urges to pull out my laptop or do work, I replaced it with something else, and replaced it with something that I felt like I really enjoyed, and that led me to reading and becoming a voracious reader.

And so I think being able to, like, just do stuff like that I think is huge. Yeah, that's great. And I, and I do think, you know, scheduling in the space as if it's work. Like, and for those of us who are having trouble just doing it for ourselves, like, really, like, this is in service of people. Productivity.

And, you know, recently, my husband and I have shifted schedules so he could take on more homeschooling responsibilities as my business is expanding. So I'm finding myself with many days that are mine where I'm not on with my kids and, you know, making sure I'm taking at least one full day off where I am not working.

And this is I'm not saying this like it's an easy thing. Like, I love to work. I love to just answer one more email. So really making sure that I'm, I'm having that space and scheduling it in, like it's on my calendar, it's blocked off, and it's in service of my productivity because I am telling you then

that next day, you know, because I'm usually doing it on a Saturday, so my Sundays, I mean, I can't believe how much I get done.

I mean and it's, and that's the evidence banking that we need to do for ourselves when we have trouble taking the space. Like how productive are you then the next day if you've given yourself a half day off or given yourself a couple of hours off and then you're coming back to your work? Notice how much more you're, Mind is clear and you're able to access the golden gems that are there, it really is a huge shift and then when we recognize, oh, space and rejuvenation or recalibration in this way creates productivity, it's then easier to choose it.

Oh my gosh, yes. A few years ago I started doing the four day work week because I got to the point where I was like I think I just need one full day off because I'd get to Friday after the end of a busy week every week and I was like I just don't have the brain power. It's like I don't know how to describe it but I describe it as my brain just feeling like it's mush.

And so I'm like it's, it's pointless for me to be sitting here not getting anything done or. Producing low quality work because of the fact that I'm just white. And so it took me a while to, you'd mentioned a lot about guilt, but it took me a while to not feel guilty about doing that. And I think just what you mentioned for everyone, just being able to find that one day a week where there's nothing scheduled and taking the time to just be can make a huge difference with your productivity the next day and moving forward.

Yeah, yeah, and if for those of you watching or listening who are like, Oh my god, I can't take a whole day off, Couple of hours, a couple times a week, Like, you can start small, like, there are no have tos here, It's about how to navigate and make it work for your business and your life, And I think for me it's been complicated because of homeschooling, So, you know, I'm in and out, like, of, Okay, I'm on with homeschooling, like, today is a good example, I had, You know, a 12 o'clock, I had the morning with my son, then I had a 12 o'clock client, and then we had a couple of hours together for homeschool, and now I'm back on, you know, I'm on this call with you, and it's sort of like, okay, how do I ebb and flow in this, and then in my open spaces, not feel like I have to work?

All the, all the time and so find ways that fit for your lifestyle and trying it. No one's an expert on how you feel in your own body, right? So it gets to be an exploration of, you know, curiously assessing what works for me, like what feels good now. Um, and then that changes over time and then we reassess and make it work in a different way.

Absolutely. And I think from what I've kind of noticed about myself, that setting boundaries with yourself is one thing as it relates to burnout. But I think setting boundaries with the people that you do business with, whether it's an employer or clients in regards to your burnout is another thing. And I think it can be challenging when people have certain expectations of.

how you should be performing and when you should be available and just all these societal pressures that come to us. And so how do people set those boundaries with others without

causing frustration or worrying about losing the client, so to say, because they're not bending to them, if that makes sense.

Yeah, that makes so much sense. And I think it's tricky when we're already in relationships with people and they've already Experienced us in a particular way versus when we're starting with like a new client or ha you know, or a new business connection or collaboration where we can kind of upfront set different kinds of boundaries.

Mm-Hmm. . So I think the, the first point that I'll say is getting very clear. for yourself first around what the boundaries are. Because I think sometimes when we start to want to set boundaries, and then we're wishy washy about it, there can then get a lot of confusion in there when we're trying to then communicate it.

So whether you're clear or working with a coach to get clear about like, okay, like, what are the boundaries, And, you know, what am I available for and what I'm not available for. And then when we're starting with new people and collaborations, then it's easy. From the get go, I work Mondays through Thursday.

If you need to get in touch with me, these are, you know, these are my hours. I don't answer emails Friday through Sunday. Like, if you don't hear from me, don't worry. But those kinds of things, and getting really clear up front. For the relationships that already exist, I'm always about having just a transparent conversation where you are, are not necessarily like saying this is how it's going to be, but you share openly.

Hey, I'm renegotiating how my work week is flowing. I'm thinking about how, I'm, you know, can be more productive and more helpful to you in our, in our connection. And here's some new guidelines that I'm setting for myself around when emails will be returned. And I just want to be really clear, this is nothing, you know, to do with you.

This is going to be a change across the board. So you always can go back and no matter, even if you've been with a client for two, three, four years, you can always go back and say, Hey, We're readjusting things. We're shifting things around and there's some new guidelines and some new boundaries. But we have to be clear going into those conversations about what we're claiming and stating for ourselves.

Absolutely. And I think part of it too can be that we're anticipating a difficult situation that might not even happen. Like we might be going in there thinking like, Oh, they're going to be so mad. Like they're going to be annoyed that I'm doing this. And then you can go and say it. And they're like, Oh, good for you.

Yeah. And it's great modeling. Right. And, and, you know, I have this experience, you know, I have some outside providers of a virtual assistant I work with. I have a podcast team. I have a business coach and. I am modeling how I want them to also show up. I'm, you know, going at my own pace. We don't have hard set deadlines.

Like if I need to adjust things, I adjust. If they need to adjust things on their, on their end, that's completely reasonable. And so really thinking about like what we value within our business. And for me, like wellbeing, wellness, health is, um, number one. And I, you know, I want everybody at their, their most productive selves.

And so sometimes we have to stretch deadlines, you know, that we've said or do things differently. Now, I know other businesses are different than mine. I have the flexibility of that. And so within the system that you're in, within what you're trying to create, there might be like a little wiggle room around what you're doing, but most of the time people don't.

People get it and then they want to do it too. You're modeling and giving, by modeling, you're giving permission for other people to show up in that way. Oh, absolutely. It's funny that you mentioned that because before I started fully doing the four day work week, I started off with just summer Fridays, which I felt comfortable with because I feel like it's so common here in Mass where so many people take at least a half day, if not the full day.

And I remember I had set an autoresponder that would Get sent to people who emailed me on Fridays. And it was a really fun and cute one. And I had so many people respond who were like, Oh my gosh, I love this. Like, now I want to do this. I think it's great. And so, exactly what you mentioned, you're just modeling that great behavior.

And it's providing a positive outcome. I was going in thinking that, like, Oh my gosh, am I going to make someone mad? But So many people had such a positive reaction to it, and I think it's wonderful when that happens. Yeah, yeah, and I think, you know, the other point you're making is that there's so much that we believe that what we're thinking, and our thoughts aren't true.

So all the assumptions we're making, or the worries that we have about what other people are thinking, or what, how they're going to respond to what we do, and all that, This is not even based in any factual information. It's often just based in, you know, in our fears. And when we're clear and we set boundaries, if those don't work for those people, for me, I don't want them.

I don't want them in my sphere, right? So it's getting really clear. And if then, if I'm getting pushback, then I know whoever that person is, whether it's a client or a collaborator, isn't a good fit for me. And I don't have to take that personally, I get to be clear on what works for me. And if it doesn't work for someone I'm bringing in to my business, either as a client or a collaborator, then they can find someone else to work with.

Yes, absolutely. And I, and I always say too that shutting a door in that aspect or turning down someone or saying no makes room for the right yes to come in ultimately. 100 percent Yes, yes. Yeah, I love that. And so, as, um, someone who might be going through burnout, like, they get to that point and they're just kind of starting to pick the pieces back up and they realize they need to make some changes, How do they know, like, where they should start with changes?

Like, if they know if they need to delegate more, or maybe they need to change their working hours, like, how do people figure out what actually needs to change and what will work for them? Yeah, it's such a good question, and I would really say it's so individual, and so, uh, having a coach, working with someone that you can bounce ideas off, because a lot of times when we're in it, um, and we are burnt out, you know?

We don't have a lot of mental capacity to organize and fix and sort and sift because we're exhausted or we're holding pain or we're having different issues, we're not sleeping well, and so having another lens or someone else to be able, whether it could be a spouse, it could be a friend, it could be a coach, that can help look at everything.

I would say, you know, the first place to start is schedule, like really looking at your calendar. Really seeing where your time is being spent a lot of times. We are wasting time just like Spinning through emails or thinking we're organizing or thinking we're doing something and we're not And so like really starting to track Where your time is going and what you're doing in that time And then kind of looking at our schedule and I use sort of like, um a wheel Um, like like To assess sort of how much time do I want to be spending and you make a like a big circle and you can do open page and do it yourself there isn't like a fancy diagram just a big circle and start to slice out okay like how much of the pie am I spending on work, how much is for myself, how much is going to my kids or my family or friends and look and be honest, looking at where all of that is going.

And then doing a second one where we can start to, like, even it out. It's like, oh, wow, I'm spending 80 percent of my wheel on work. Like, we're not human beings. Yes. You know, so sometimes having that visual can be, like, really eye opening to, like, wow, I really am spending a lot of time. That I could be spending in other ways.

And then going very concretely to the schedule. Where can I block off non negotiable time? Like, I mean, I love the four day work week. I think that that's essential. I don't see clients on Fridays. I do Monday through Thursday. I still will do emails and stuff on Fridays. But I'm, I have no clients. And, and that's sort of a hard and fast rule for me.

Really has helped because I can see as my week goes on. I front load my week. It is my week goes on. I can see the spaciousness. I can see the relief and for our nervous systems having things physically written or if you're a digital calendar person having it locked off on a calendar. I'm going to get two hours, I'm going to have no clients Friday, I'm going to have this space, can be enough to take an edge off of feeling overwhelmed.

And so starting small in that way, and I would go back to the like, really writing it in and claiming the spaces. So revisiting calendar and then claiming spaces. Where are the spaces that you're going to take That are just for you to recharge in service of recovering and healing from the burnout and in service to your productivity and then during the day like day to day protect, particularly for those of us who are used to being on the hamster wheel and not stopping me very hard to do this because our body just that's the safety right productivity is safe.

And so setting reminders in your phone that go off a few times a day. What do I need right now? Right? And then it's the pause. Oh, I really have to pee. Or I don't think I've had anything to eat today. Right? It can help kind of interrupt the habituated, uh, Autopilot that we're stuck in and that autopilot is strong like a lot of people beat themselves up Why can't I just rest or why can't I just take space or why can't I just put the work down without feeling guilt?

Is this survival energy? Like there's nothing wrong with you most of us We just have to start to train our bodies and our brains that actually this is in service of our sustainability. This is in service of our health and well being. This is in service of a productive and successful business. And what's brilliant and what I geek out about is our bodies and brains.

are rewirable. They want to shift and change. We're not stuck or fixed in any one way and if we know sort of how to be doing that, training our brain, training our nervous system, rewiring those things, we can learn how to show up in a different way where I recognize I need a break or I recognize I'm hungry without the reminders.

But those little like, I love my phone and reminders, like really useful to start. And I think it's so helpful that you mentioned starting with people looking at their schedule and their calendar and thinking what needs to change from there. One thing that I've had to remind myself, and I think a lot of people can relate to this, is that I run my calendar.

My calendar does not run me. And so I think it's very easy to subscribe to the idea that we could just fill our time that we have with all these meetings and obligations and, and stuff. And it can be overwhelming. And so that's one thing that I shifted is only. Similar to you, no clients on Fridays. I only do meetings Tuesdays and Wednesdays between 12 to four.

So that way I have those deep work sessions to actually get work done and not be pulled here, there, and everywhere. And just feeling totally overwhelmed and running around as if my head's cut off. And so I think it's so helpful to have that schedule audit or schedule analysis. And I love that you brought that up.

Yeah, and then when we put the space in, it's not filling the space because you made a really good point there, right? Like when I first started doing this, I was like, so proud of myself. I'm taking a whole day off and then I get to the day and I've scheduled things in there. I had to really like, it's like scheduling the space and then protecting it and honor.

And, like, repeatedly showing our bodies, like, Hey, yes, this is actually in service of something, um, greater. Like, this is in service of how we're showing up in a healthy way. Yes. Oh, I love that. And if someone is just kind of noticing burnout for the first time, like, what's one piece of advice you'd give for them as they kind of, like you mentioned, rewired their brain and start to move forward and make changes?

Yeah, so one of the things that I would say is that there's nothing wrong with you. Like, because a lot of people come to me and like, oh my god, like, I'm a mess, and I'm not going to get any better, and I did this to myself, and you know, kind of in that self shame spiral. Which, because of our mind body connection, is going to make us feel even worse if we're kind of in that judgmental, um, space around how we feel.

So I think starting to just Honor and meet your body where you're at is a good place to start. So any of the number of the things that we've talked about today, and I would say pick one, right? I'm gonna just start to go to the bathroom when I have to pee, right? And that's it, and we try that for a couple of weeks, or I'm really gonna work on Friday afternoons blocking that off and honoring that.

So starting, With with one thing, one small thing. So I would say either honoring your body or creating space for yourself for recharging. If you're noticing some of those signs and symptoms of burnout showing up that that's the best place to start. Yeah, that's great advice. Sarah, as we get closer to the end of this episode, one of my favorite questions to ask our guests is what their favorite local businesses are to support.

So where do you love to shop around in Western Mass? Yeah, so I was thinking about this. I love this question. And the first thing that came to mind as I was reflecting is there's a business in East Hampton, Mass called Go With the Float. And I don't know if you've ever done a salt water float before. I don't know if you've ever had one.

I have not, but I've heard incredible things about it. Oh, it's amazing. And the owner that, um, Has created this space the the room the space itself. It's in this old warehouse is gorgeous and there's all these comfy chairs and they they just put in a cold plunge and they have a sauna but they have these float tanks and you can go and you can sit So, um, and for me and you know, I've, I've had a fall recently earlier in the year and like, you know, if you're navigating chronic pain or discomfort, getting in a saltwater float tank is an amazing way to reset.

And that's one of my favorite ways to like treat myself on a day off or on an afternoon to like really drop in and, and restore. So that's, that's one of my, my favorite places in the area. Oh, I love that. Sarah, this has been a really wonderful episode and I really appreciated the opportunity to have you here to share about So many good things involving burnout, lots of actionable steps here that people can take.

And so with that being said, I'd love if you could share with our listeners where they can find you online in case they'd like to connect with you further. Yeah, great. So I am on Facebook at Expand Your Capacity and I'm on Instagram at sarah. vittori. And my website, I have two websites. I have um, saravatori.

com and then peak perform with Sarah. Um, Sarah does not have an H, so I'm, I'm a no H Sarah. And on, on, on my website, you know, I've had my websites for eight years. So on my saravatori. com, I have like seven years of a blog that you can peruse that has a lot of great

information. And then And all sorts of information about, you know, I do one on one coaching and I do in person hands on nervous system sessions and I offer one on one weekend retreats that are customized to whoever's showing up to help really drop into the body and expand that capacity, um, so that they can go through their quarter or the half of the year or the year feeling really aligned and, and fired up.

And I will link to all of those places in our show notes that way our listeners can click through and find you on all the places. But thank you so much again for coming on today's show. Thanks so much, Ashley. I appreciate you having me.

Thank you for tuning in to this episode of Right Here in Mass. We hope you enjoyed listening to it as much as we enjoyed recording it. Be sure to subscribe, leave a review, follow us on social media, and share our podcast with your network. See you next week.