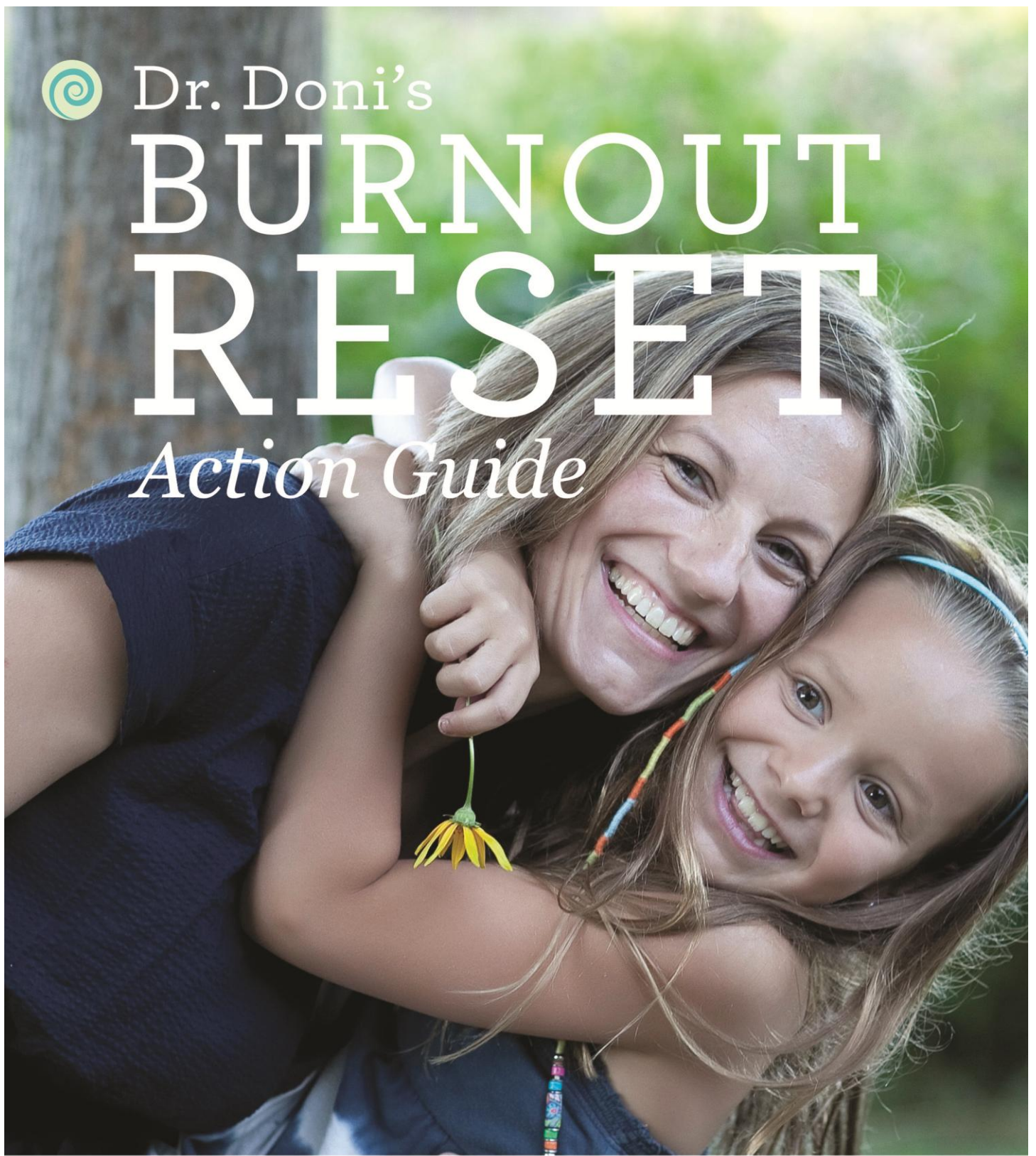




Dr. Doni's

BURNOUT RESET

Action Guide



7 STEPS IN 7 DAYS TO RECOVER
FROM BURNOUT

The Burnout Reset Action Guide:

7 Steps in 7 Days to Recover from Burnout

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[*The Stress Remedy:*](#)

[*Master Your Body's Synergy and Optimize Your Health*](#)

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INTRODUCTION

Experiencing feelings of burnout from stress is a common challenge we all face—one that impacts our health, work life, and personal relationships. Stress is also at the root of virtually all disorders we experience. Thus, **one of the best things you can do for your health and wellbeing is to rebalance your stress response.**

I have identified **seven steps you can take to reset your stress response while turning on your relaxation response.** Before going into detail, let's think about the stress response and how it may be affecting your health.

When we experience stress—whether from an emotional trauma, from a physical stress (injury or illness), or from exposure to toxins or certain foods—our bodies respond with what is known as the stress response. This response involves your brain triggering your adrenal glands to make key stress hormones, cortisol and adrenaline, which lead to common symptoms associated with stress, such as heart racing, faster breathing, and tense muscles.

The stress response is a normal healthy process, and you don't want to eliminate stress entirely or you would become complacent and weak. The problem comes when we are exposed to constant stress, over and over throughout the day. Which becomes more of an issue if we stress about feeling stressed.

In that case, your body never gets to recover and enter the relaxation response. While cortisol and adrenaline are helpful during a stressful situation, they can impact your health in negative ways when they are present at chronically high levels.

And then, if the cortisol and adrenaline levels become depleted due to prolonged stress, other health issues result.

Cortisol, for example, has a profound effect on your entire biology. It affects your endocrine system, which produces all your hormones including thyroid hormone (which regulates metabolism), insulin (which regulates blood sugar), and your sex hormones (estrogen, progesterone, and testosterone, which regulate sexual function, menstrual cycles, and menopause). Cortisol also has a profound effect on your digestion and immune system, and affects neurotransmitters—brain chemicals that determine energy, mood, mental clarity, focus, and sleep.

The impact of stress on each person is highly individual. By observing how you feel and completing tests of your adrenal function, we gain a clear understanding of how you've been affected by stress, and the best next steps to help you reclaim your wellbeing.

There are universal steps, however, that will help no matter if your cortisol and adrenaline are high or low. **Those are the seven easy steps we will cover in this guide.**

QUIZ: WHAT'S YOUR BURNOUT RATING?

The first step in reducing stress is to know if you're stressed. Put a check beside every one of the following statements that you feel applies to you (if you've already taken the quiz online you can skip this step):

- ☐ I frequently worry or feel anxious about my life, work, health, or family.
- ☐ I often find myself searching on the Internet about my health, especially late at night.
- ☐ I never seem to get enough sleep and rarely sleep 7-9 hours at night.
- ☐ I am frequently overwhelmed, emotional, weepy, and/or distressed.
- ☐ Much of the time, I am exhausted.
- ☐ I am frequently irritable, jumpy, or annoyed.
- ☐ I often can't think clearly and/or I am forgetful a lot of the time.

Stress doesn't just appear in our minds and emotions—it also shows up in our bodies. Put a check beside every symptom that you experience frequently or regularly.

- ☐ Headaches or migraines
- ☐ Feeling light-headed or near fainting
- ☐ Frequent colds or infections
- ☐ Acne, eczema, or other skin rash
- ☐ Feeling stiff and/or achy all over
- ☐ Digestive problems: nausea, indigestion, heartburn, pain, bloating, bowel changes
- ☐ Fatigue and/or exhaustion
- ☐ Difficulty falling asleep or staying asleep

Count up the total number of checks above. Here's how to interpret your score:

0 checks: Healthy stress/relaxation response: Congratulations! You are experiencing minor, manageable stress and seem to have a healthy balance of stress response and relaxation response. Use the steps in this guide to help keep you on track.

1-4 checks: Moderate issues with stress: You are usually able to balance your stress and relaxation responses, but the balance is probably tipping a bit too far on the “stress” side. The suggestions in this guide can help you rebalance your life and support your health.

5+ checks: Significant issues with stress: Like so many of us, you struggle with a day that is too full of demands from others and offers too little time or support for yourself. Take heart—even 15 minutes a day can make a significant difference in how you feel, mentally, physically, and emotionally. This guide offers suggestions that will fit even into a busy schedule and that can help you replenish your depleted resources.



RECONNECT WITH YOURSELF

BURNOUT REMEDY 1: RECONNECT WITH YOURSELF

A plethora of research demonstrates that stress has a major impact on depression and anxiety.

This makes sense when you consider how significantly the stress hormone cortisol affects your neurotransmitters, the bio-chemicals that determine mood, energy, and focus.

Fortunately, research also demonstrates that YOUR stress response can be rebalanced through yoga, meditation, and massage therapy.

For example, a very exciting study conducted by Aetna Insurance among 239 employees explored the effects of a therapeutic yoga program and a mindfulness program.

People in both programs showed significant improvements when compared with a control group that was given no treatment.

Gains were recorded in the areas of perceived stress, sleep quality, and “the heart rhythm coherence ratio of heart rate variability,” which is a scientific measure of stress and heart function.

Another study of 24 emotionally distressed women revealed their stress had significantly decreased after they participated for three months in an Iyengar yoga class—participation that also improved their psychological outcomes.



EAT CLEAN, EAT SMART

4-6 HALF MEALS A DAY

BURNOUT REMEDY 2: EAT CLEAN, EAT SMART 4-6 HALF MEALS A DAY

A key aspect of minimizing stress is to eat in a way that fits your physiology. **The least stressful and most supportive way to nourish yourself is to eat four to six small "half-meals" each day spread evenly throughout the day.** With each small "meal" including a balance of proteins (30 percent - 40 percent), carbs (30 percent - 40 percent or less), and healthy fats (20 percent - 30 percent or more).

This is based on research that suggests that calorie and carbohydrate restriction, along with higher protein and fat, improve wellness.

In the Stress Remedy 7-Day Program (discussed on page 11) we offer a 21-Day meal plan outlining how to easily fit 4-6 half-meals into your day (and still have a life).

It is also important to eliminate reactive foods that trigger your stress response. Reactive foods cause unhealthy inflammation in your body. You may not experience an obvious allergic reaction or sensitivity to them, but these foods can quickly sap your energy and degrade your health.

For those suffering from chronic conditions or those who wish to know exactly which foods cause a reaction in their bodies, **I recommend a food sensitivity panel.**

For patients suffering from burnout, or anyone living a stressful lifestyle it is best to avoid the following five foods:

1. Gluten
2. Dairy
3. Processed sugar
4. Eggs
5. Soy

By eliminating these foods for a period of time, you allow your body to reset itself so you may be able to enjoy them again (in moderation) once you've rebalanced your stress response.



SLEEP

7.5 - 9 HOURS

BURNOUT REMEDY 3: SLEEP 7.5-9 HOURS PER NIGHT

We all need sleep—and you need it even more when you’re facing burnout.

Again, stress is not all bad...we need challenges, excitement, and thrills in our daily lives. But if you’re not getting enough sleep, your body and mind won’t be able to handle even small stressors without malfunctioning.

Beyond the obvious ill-effects of sleeplessness, **chronic exhaustion can cause a host of serious health issues including heart disease, neurological disorders, and unwanted weight gain.**

So, how much sleep do you *really* need?

Aim turn off the lights and electronic devices to get into bed and with enough time to sleep 7.5-9 hours before awakening the next day.

If you have trouble sleeping because of stress, implementing these 7 burnout remedies will help you overcome this.

Some other tips for a restful night’s sleep include:

- Turn off all electronic devices 1-2 hours before bed
- Sleep in a completely dark room to stimulate melatonin production
- Journal before bed to release worries and get organized for the next day
- Get 15-30 minutes of exercise 3-5 times a week
- Stay hydrated by drinking half your body weight in ounces of water per day (dehydration aggravates your stress response)

If you still struggle to get a good night’s rest, a visit to your Naturopathic Doctor or integrative practitioner is a must. In my practice I offer a special package just for sleep rebalancing.



ENJOY NATURE

Take this step seriously. Getting enough sleep is the most important thing you can do to rebalance your stress response.

BURNOUT REMEDY 4: ENJOY NATURE

Getting out into nature, whether for a bike ride, some cross-country skiing, a leisurely stroll, or simply to sit quietly in the sunlight, has been known to lower stress and bring all your body's core systems back into balance.

Gardening, caring for plants (referred to as horticultural therapy), and enjoying nature have all been shown to lessen stress, decrease cortisol, boost endorphins and oxytocin, relax muscles, and improve mood and focus.

A study conducted in the Netherlands found that gardening could actually help to lower cortisol as well as boosting mood among people who had just finished a stressful task.

The same goes for taking a walk. **Recent studies related to urban planning confirmed the positive effects of walking in nature. They found that taking a walk in a park, versus walking in a city, even for 15 minutes, resulted in both a lowering of stress and an improvement in mood.** They also noticed an increase in memory, and found these benefits were related to a balancing of the stress response.

The stress response helps mobilize you to exert yourself physically and focus your mind. Your pupils even contract to help you look more sharply and attentively. In contrast, letting your eyes go soft and your attention go where it will helps to balance the focused intensity of your stress response.

Even looking at artwork of natural scenes has been shown to balance the stress response. Researchers suggest that nature has restorative properties that support the calming part of our nervous system. So looking out a window or spending time in a "greenspace" can buffer the effects of stress.



EXPERIENCE EMOTION

BURNOUT REMEDY 5: EXPERIENCE EMOTION

An extraordinarily effective way to rebalance your stress response and prevent burnout is to experience emotion. **Emotion is known to stimulate the hormones and neurotransmitters that lower stress.**

Studies show that laughter can lower your cortisol levels while raising your endorphins and oxytocin, relaxing your muscles, and improving your mood.

Numerous studies have linked laughter to lowered cortisol. For example, a 1989 study published in the American Journal of the Medical Sciences linked “mirthful laughter” with decreased cortisol levels.

Again, once you understand the powerful effects of cortisol, you understand how rebalancing cortisol levels supports immune function, reduces pain, and reduces the risk of numerous diseases in addition to those of the cardiovascular system.

Laughter is a powerful stress reliever; other emotions can be as well—especially if they are shared.

A study was conducted among young female students, in which they were given stressful tasks to perform and then invited either to talk about their negative emotions or to talk objectively about the task.

A second portion of the experiment compared students who spoke emotionally and received empathic responses with students who spoke emotionally and received no response.

While simply expressing emotions and receiving empathy did not in itself relieve stress, believing that communication had been heard and understood did relieve stress.

Writing in a journal is also a terrific way to avoid burnout balance your stress response.

A study published in Psychotherapy Research found that people in therapy who wrote about their emotions had less anxiety and fewer symptoms of depression than a control group of patients that did no writing. **The journal-writers also made better progress in therapy.**



GIVE YOUR BRAIN A BREAK

BURNOUT REMEDY 6: GIVE YOUR BRAIN A BREAK

A fabulous way to rebalance your stress response is to give your brain a break.

Reading an enjoyable book or article, sipping a cup of tea, or eating a one ounce square of dark chocolate (yes, for real!) are all ways to lower stimulating neurotransmitters and cortisol, and bring your brain chemistry back into balance.

Of course, **the best possible break for your brain is 7.5 to 9 hours of refreshing sleep each night.** But throughout the day, reading, tea, and chocolate can also help soothe your burnt-out brain.

As with other stress-balancing effects, **research has shown that both reading and drinking tea can decrease cortisol, increase endorphins and oxytocin, relax muscles, and improve mood.**

Reading works its magic quickly: just six minutes of reading has been associated with a slower heart rate and muscle relaxation. A 2009 study at the University of Sussex found that reading can reduce stress by up to 68%.

Drinking tea likewise has significant stress-balancing effects.

Now, here's some news you will really like: An article in **LiveScience reported on a study linking the consumption of one ounce of chocolate each day for two weeks with decreased levels of cortisol.**

Remember though, chocolate can still contain sugar and lots of calories, so make sure you're eating it in moderation, and always choose dark chocolate for the added dairy-free, lower-sugar, antioxidant benefits.



CONNECT WITH OTHERS

BURNOUT REMEDY 7: CONNECT WITH OTHERS

Connecting with others, physically or emotionally, has been shown to increase oxytocin, a stress-reducing hormone related to bonding.

For example, massage has the ability to rebalance your stress response by decreasing cortisol, a primary stress hormone, while also increasing serotonin and dopamine. Serotonin is a neurotransmitter that helps create serenity, optimism, and self-confidence, while dopamine is associated with motivation, excitement, and pleasure.

Likewise, research shows that talking with a loved one can decrease cortisol, increase endorphins and oxytocin, relax muscles, and improve mood.

As the mother of a young girl, I was fascinated by an article in Scientific American that reported on a study in which young girls were given stressful tasks. Some of these girls were then allowed to call their mothers, while others were not.

The girls who talked with mom showed decreased blood levels of cortisol and increased levels of oxytocin. Girls who hugged their mothers in person had a similar response.

Connecting with dogs and cats also has a positive effect on levels of cortisol, endorphins, and oxytocin, as well as relaxing muscles and improving mood.

HOW TO INTEGRATE THESE 7 BURNOUT REMEDIES INTO YOUR DAY

Now that you understand how your stress response works, what triggers it, and how you can avoid burnout it's time to learn how to integrate these 7 remedies into your life. Remember, there is no permanent escape from stress, therefore you must learn to manage it in real-time by using these remedies on a daily basis. Though everyone will implement them differently based on their lifestyle, the following sample schedule shows how easy it is to balance your stress (and your health) every day:

Upon Arising Practice Remedies #1: Reconnect with yourself and/or #4: Enjoy Nature—take at least 5 minutes to set the atmosphere for your day by meditating through journaling, sitting quietly, or taking some time in solitude. “Morning people” may wish to also spend 15-30 minutes practicing yoga, or enjoy nature by taking a walk outside.

At Breakfast, practice Remedies #2: Eat Clean, Eat Smart and #7: Connect with others—give your body (and brain) a nutritional jumpstart with a soy-free, dairy-free, sugar-free protein shake (like Dr. Doni's Protein Shake). If you live with loved ones, roommates or pets, take this time to eat and connect with them.

On the way to work, practice Remedy #5: Experience Emotion—if you walk to work, pop in your ear buds or turn on your car stereo and listen to something that makes you laugh. It could be your favorite morning show or a comedic podcast, either way when you begin each day with joy and laughter you give yourself a fresh start.

During your work morning, practice Remedies #6: Give your Brain a Break, and #2 (eat clean, eat smart)—I know, we all feel too busy to give our brains a break, but you have to change your mindset. Aim for a brain-break every 2-3 hours, make yourself a cup of green or herbal tea, sit and enjoy an ounce of dark chocolate, or practice deep breathing. Keep your blood sugar stable and cortisol levels down with a small morning snack, such as half a protein bar or a small handful of nuts.

At lunch, practice Remedies #2 (eat clean, eat smart), #6 (give your brain a break), and/or #4 (enjoy nature)—to keep your energy even, aim for a gluten-free, dairy-free, sugar-free lunch. A big green salad with protein, olive oil and lemon juice and a cup of green tea is an excellent choice. Try eating half and saving the other half for later. Give your brain a nice long break by getting away from your desk and reading, or savor your lunch outside in nature.

During your afternoon work, practice Remedies #6 (give your brain a break), #2 (eat clean, eat smart) and/or #7 (connect with others)—continue your brain-breaks every 2-3 hours, and take one of those breaks to connect with an uplifting friend or colleague at work. Work alone or at home? Pick up the phone and call someone for a quick chat, or spend some time with a pet. Treat yourself to another half-meal such as lunch leftovers.

During your commute home, practice Remedies #1 (reconnect with yourself) or #5 (experience emotion)— pop in another funny podcast for a stress-busting laugh, or try a meditation tape to reconnect and help yourself unwind.

Before dinner, practice Remedies #1 (reconnect with yourself) and/or #4 (enjoy nature)—if you skipped this step in the morning then spend at least 15-30 minutes practicing yoga or taking a walk outside with your family, pet, or solo. If you already did this, you can skip this step and enjoy reconnecting with your family.

At dinner, practice Remedies #7 (connect with others), and/or #2 (eat clean, eat smart)—connect with your partner, roommate, pet, or family by enjoying a stress-free meal together, make it a non-reactive meal and you double your stress-balancing benefits.

Before bed, practice Remedies #2, (eat clean, eat smart), #3 (get enough sleep) and/or #1 (reconnect with yourself)—have a small snack before bed, like half a Dr. Doni's protein bar. Get to bed early enough to ensure 7.5-9 hours restful sleep, and/or take this time to reconnect with yourself through meditation, journaling, or relaxing yoga/deep breathing.

You may also want to print the [Burnout Reset Tip Sheet](#) and post it as a reminder somewhere you'll see it, like at your desk. It is usually when we are most stressed that we forget to take time for these remedies.

If you would like to learn more about how and why we experience stress, its impact on your health and wellbeing, and detailed instructions to reclaim your health, be sure to get your copy of [The Stress Remedy: Master Your Body's Synergy and Optimize Your Health](#) book, which includes The Stress Remedy Master Plan with a meal plan and recipes.

Wellness wishes to you,

A handwritten signature in black ink that reads "Dr. Doni". The signature is fluid and cursive, with the first letters of "Dr." and "Doni" being capitalized and prominent.

P.S. There is an **important eighth step you can take** to accelerate your burnout recovery, rebalance your stress response, hormones, and eating habits. **It's called The Stress Remedy 7-Day Program**, and I'll tell you all about it on the next page.



EXPERIENCE THE BENEFITS OF A 7-DAY GUIDED HEALTH RESET PROGRAM

Dr. Doni's **Stress Remedy 7-Day Program** is a gluten-free, dairy-free regimen that will help you:

- Reset and rebalance your stress response
- Flush out toxins
- Reduce internal inflammation
- Support weight loss
- Enhance digestive healing
- Restore hormone balance
- Recover from burnout, and prevent future burnouts for good

If you're burnt out, stressed out, and short on "me time" this program is for you.

A mini-version of The Stress Remedy 21-Day Program, this program offers the perfect health reset between holidays, business trips, post-illness, pre-vacation, or just to help you get your health habits back on track.

Reset your stress response and recover from burnout for GOOD.

Find out more about how Dr. Doni's [Stress Remedy 7-Day Program](https://doctordoni.com/dr-donis-stress-remedy-7-day-program) can help you at <https://doctordoni.com/dr-donis-stress-remedy-7-day-program>.

ABOUT DR. DONI WILSON



Dr. Donielle (Doni) Wilson is a nationally celebrated naturopathic doctor, certified professional midwife (CPM), doula and nutrition specialist, who is dedicated to maximizing the health of women, men and children, through natural approaches. She has a doctorate in naturopathic medicine from Bastyr University, as well as a bachelor's degree in nutrition and a bachelor's in science from Oregon State University. She is also the author of the book [*The Stress Remedy: Master Your Body's Synergy and Optimize Your Health*](#), in which she explains how and why we experience stress, how it impacts our health and wellbeing, and how we can reclaim our health naturally. She is also

the creator of the [*Stress Remedy 7-Day Program and The Stress Remedy 21-Day Program*](#) – popular nutritional regimes that reduces inflammation, heals digestion, supports detoxification, and brings the body back to a state of optimal health.

Dr. Doni started her career in a naturopathic clinic helping patients with environmental and food allergies. There, she created a specialized approach to food intolerances and “eating for health.” She then established started her own naturopathic practice in 2001.

Deeply dedicated to addressing ailments related to stress, Dr. Doni went on to develop a methodology that examines how stress impacts each individual differently. Through this approach, she devised a variety of treatments for stress- related illnesses that include utilizing nutrients and herbs to balance hormone and neurotransmitter levels. Her approaches make life-changing differences in health conditions such as depression, anxiety, PMDD, insomnia, and more. She also helps women with hormone imbalances, menstrual irregularities, cervical dysplasia, difficulty conceiving, and recurrent infections.

Widely renowned in her field, Dr. Doni was awarded the NYANP Naturopathic Doctor of the Year award in 2004. She has served as the president and executive director of the New York Association of Naturopathic Physicians (NYANP), and is a member of the American Association of Naturopathic Physicians (AANP), Connecticut Naturopathic Physicians Association (CNPA), American Association of Naturopathic Midwives (AANM), Pediatric Association of Naturopathic Physicians (PEDANP) and Association for the Advancement of Restorative Medicine (AARM). She is regularly called upon to discuss naturopathic medicine in the media and has recently appeared in *Natural Solutions Magazine*, *First for Women Magazine*, *Huffington Post*, *Elle Magazine*, *Inspiy Magazine*, *Mind Body Green*, *Energy Times*, and *Fox News*.

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Appointments available in person and/or via HIPAA compliant video/phone call.



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