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From Burning Out to Blossoming: Energy Practices for Work Related Stress



Energy practitioners work in deeper psychological states than the average therapist, often accessing subtle energy systems in addition to paralinguistic and non-verbal communication. The invisible impact of what is not seen, said, or acknowledged can take a toll on the energy worker.

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Are you experiencing burnout in your energy practice work? Stop stress in its tracks, and make your new year blossom using energy practices.

As you start a new year, it is a good time to take a look at your energy levels, enthusiasm, and joy in your work life. Even if you normally love your work, there are times when life can drag you down. If you've been noticing increased exhaustion, inefficiency, or growing cynicism related to your work life, you may be experiencing three hallmarks of burn out.

Don't let these influences rob you of your peace and happiness! You owe it to yourself to make improvements for you, and for the sake of your clients. Know that you are not alone, as work-related stress is on the rise. The good news is there are practical and immediate steps you can take to address this problem, even before it becomes entrenched, using energy practices to assist you.

THE IMPACT OF BURNOUT ON THE-MIND AND BODY

The Mayo Clinic defines work related stress as "physical or emotional exhaustion, reduced sense of accomplishment, and loss of personal identity."

Although not an officially recognized diagnostic condition, the commonly used term of 'job burnout' has negative consequences on the body with increased risk of insomnia, heart disease, high blood pressure, and Type 2 diabetes. Emotional impacts of burnout may present as feelings of anxiety, depression, anger and irritability. Mental effects may arise with a lack of belief in the self, diminished achievement potential, or perceptions of incompetence. Some may engage in substance use and unhealthy escapism as temporary solutions to try to feel better, which can later lead to more problems.

ENERGY PRACTICE RISK FACTORS

The very things that make an energy practice attractive and unique may also be associated with an



increased risk of burnout on the job. Energy practitioners work in deeper psychological states than the average therapist, often accessing subtle energy systems in addition to paralinguistic and non-verbal communication. The invisible impact of what is not seen, said, or acknowledged can take a toll on the energy worker. Meanwhile, the energy practitioner is aware of their own complex energetic reactions, increasing the volume and impact of what transpires inside and between work sessions. These risk factors are coupled with those of a general therapy practice. Simply working in health care is a risk factor by itself. Other risk factors known to therapy practices are working in social isolation, having to keep secrets, sitting for long hours in front of the computer (or in person) while deeply concentrating on sometimes graphic, heavy, and dark life problems. Other causes of burnout, common to many work environments and also experienced by energy practitioners, are work life imbalances, working long hours, unclear job expectations, or lack of control over structure and function of work-related activities.

ENERGY PRACTICE PROTECTIVE FACTORS

There are qualities of energy practices which may protect you from burnout and reverse the trend. Burnout signals that your mind and body are working outside healthy boundaries of functioning. Energy practices are designed to immediately reestablish mental and physical calm, focus, and adaptive functioning. Practice them enough, and you will move from flight-fright-or-freeze responses to stress, to a here-and-now grounded awareness, which is stable and resilient in the face of new stressors. Daily practice between sessions helps you; using these techniques in-session with your clients is effective as well, if distressing material is likely to be discussed or experienced. Not only are you taking care of yourself so you can be calm for your clients, but you are helping your client reduce their stress, and model how to handle new stressors when they arise.

DON'T LET THEM GET YOU DOWN!

After you notice (or someone points out) that you are starting to experience a burnout, it's time to stop it in its tracks. Acting right away when you notice signs that you are off your game, will lower your risk of burnout altogether. Here are some tips for self-care you may find useful:

1. Pay attention to the needs of your body by providing adequate sleep, naps, good nutrition, frequent breaks from work, engaging in relaxing activities, and exercise.
2. Have a dedicated, attractive workspace that makes you feel relaxed and productive. Create a "commute time" even when working at home, by engaging in enjoyable transition time activities between work and home life hours. Better yet, get away from it all for an hour, an afternoon, or take a proper vacation.
3. In the mental realm, evaluate your needs, desires and goals in writing, or share your thoughts with a trusted person, including work supervisor or mentor. You can brainstorm to change expectations, timelines for deliverables, and reprioritize goals. Practice good boundaries, even if it means disappointing others. Define what gives your work meaning and purpose and see if it aligns with what you are actually doing. If not, make some changes.
4. Seek nurturing social support from friends, colleagues and family, and don't forget the healing role of playing with companion animals and regular immersion in nature's flora and fauna.
5. Secure medical care if you need it. Don't wait for serious (or any) symptoms to take up residence in your being, and if they have, listen to the messages they are offering you sometimes in the form of metaphor, and find healthier



solutions. Consider hiring a coach, therapist, or energy practitioner to work with you, helping reverse the effects of burnout.

6. You can turn to spiritual sustenance in whatever form suits your needs.
7. If you tend to give good vibes to others, turn it around and agree to receive, maybe even more than is at first comfortable for you. Call in your better angels, in whatever form or state they emerge.
8. Use the energy practices you share with your clients on yourself!

Enhance the new year by paying attention to what works, and making a few small changes you can sustain to improve your life with solid health practices. Here are a few more ideas you can try and share with others. 

Resources for Resilience videos can help you enhance your energetic hygiene, reduce stress, alleviate depression and quell a sour mood. [Go here](#) and follow along, with downloadable instructions and multiple language offerings in [downloadable brochures](#) or visit <https://www.r4r.support/>

Want more? Delve deeper into self-care and wellness practices to stave off burn out by following suggestions in another Energy Magazine article by Lori Hops, "[Self-Care When Life is Like a Marathon.](#)"



To learn more about Dr. Lori Hops see www.DrLoriHops.com.