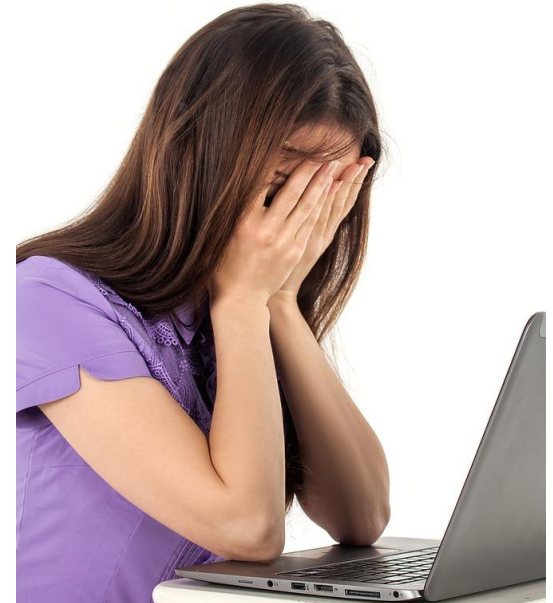

Psychosomatic resilience: Burnout prevention from within

Maria Marcano, Somatic Burnout Recovery Coach

Let's flush some cortisol!

Did you know that chronic stress-induced hypocortisolism has been well documented and linked to pain somatization such as fibromyalgia, chronic fatigue and TMJ?





Will you survive your success...?

Raise your hand if...

→ **How many resonated?**

→ **1 -3**

You are close, time to prevent

→ **3 or more**

Burnout is not a stranger for you, and
this talk is what you've been waiting for

I hear you, I understand
you, **I was you** not too
long ago... Until I decoded
the burnout key in my
nervous system and
subconscious beliefs

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Stress

Short Duration

Over-engaged

Reactive Emotions

Urgency/ Wired

Loss of Energy

Can Lead to
Anxiety

Primary Physical &
Mental

Burnout

Becomes Chronic

Disengaged

Blunted Emotions

Helplessness/ Wired
But Tired

Loss of Energy and
Motivation

Can Lead to Anxiety
and Depression

Physical & Mental +
Primarily Emotional



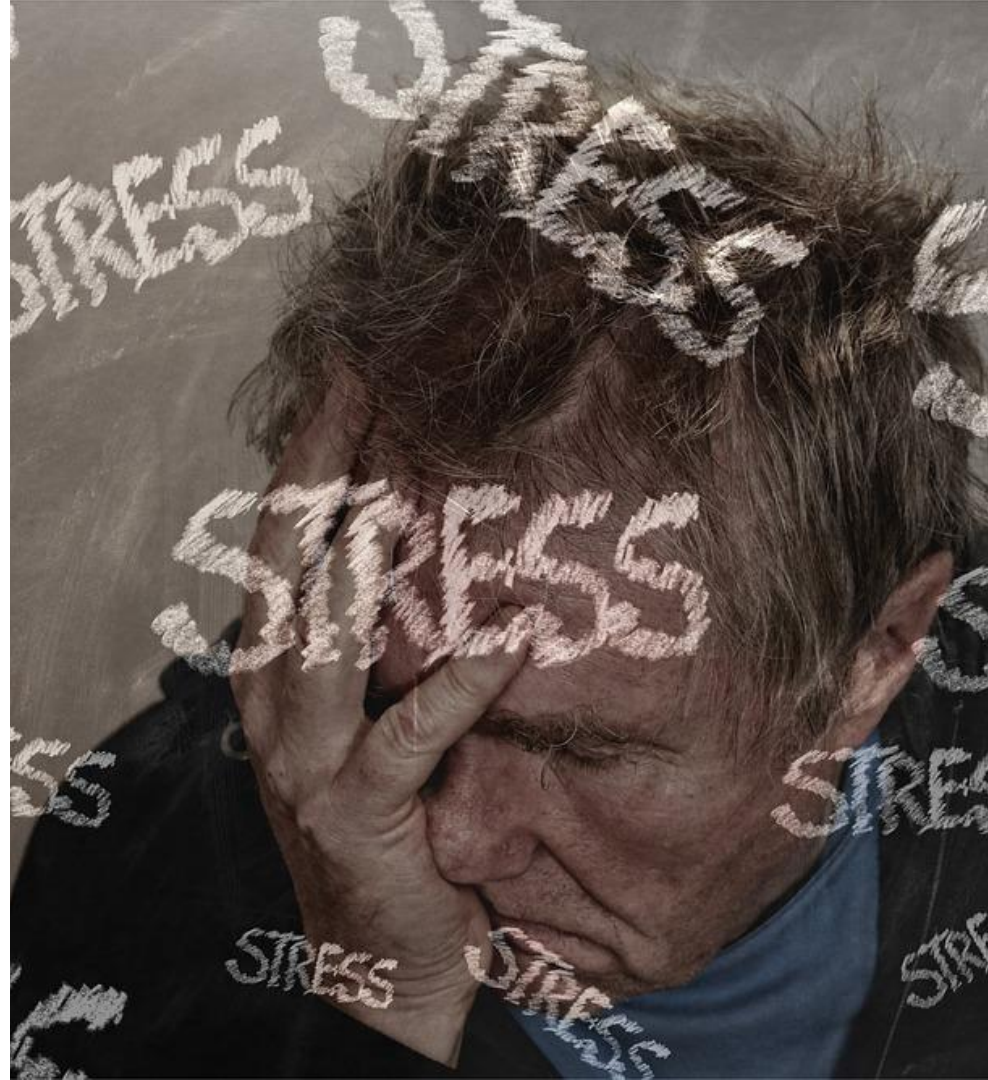
Today's Roadmap


1. Avoid Common Mistakes
2. Understand burnout from the inside out
3. Self test your nervous system
4. Check your conditioning and subconscious root cause

Psychosomatic signs of burnout

1. Exhaustion
2. Isolation from people and experiences
3. Decrease in performance

How many have you felt?



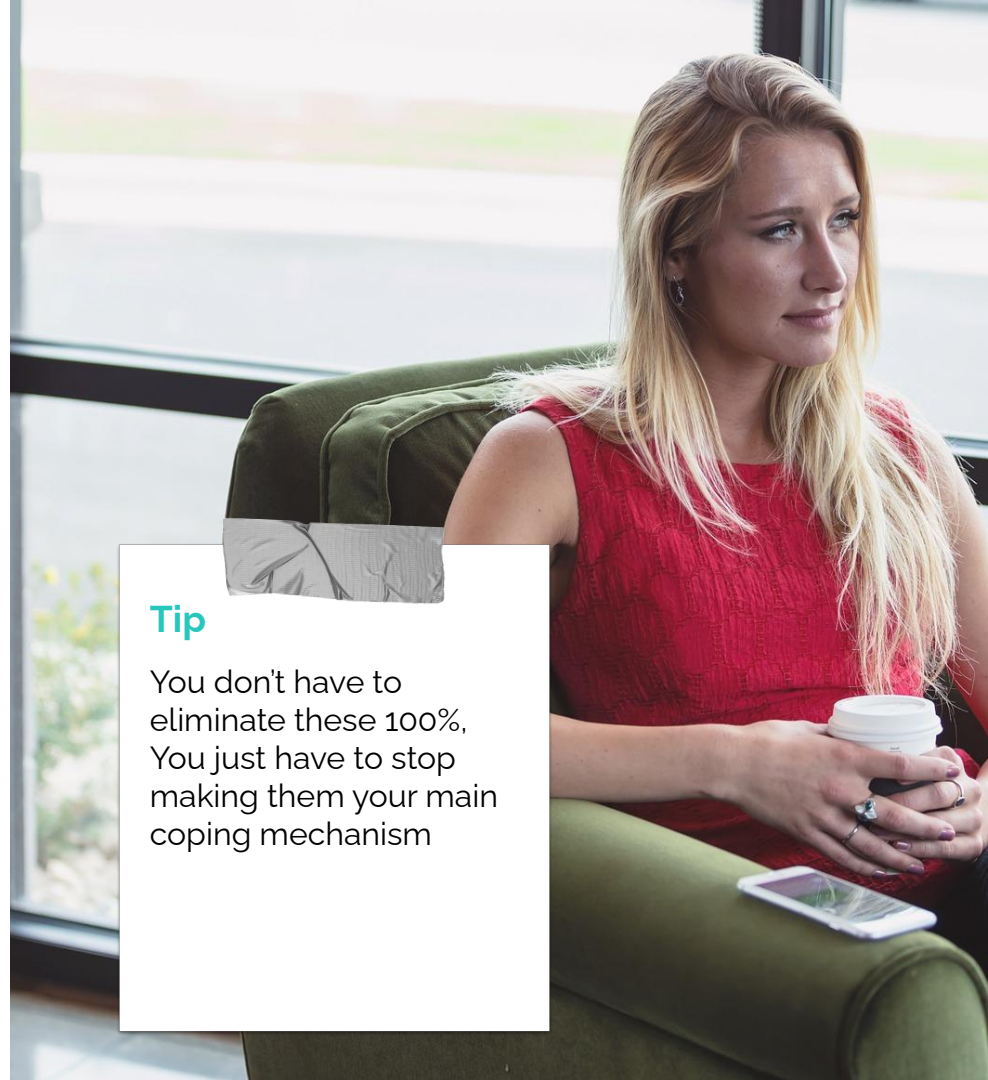


**AVOIDING OUR BODY AND
EMOTIONS WHILE OVERLY
DEPENDING ON OUR MIND CAN
CONTRIBUTE TO BURNOUT AND
ITS RECURRENCE**

**MORE THAN THE
ENVIRONMENT**

Avoidance....

- ❖ Repressing and suppressing
- ❖ Venting, complaining and explaining
- ❖ Escaping



Tip

You don't have to eliminate these 100%,
You just have to stop making them your main coping mechanism

A black and white photograph of a person standing with their back to the camera, arms outstretched horizontally. They are wearing a light-colored t-shirt and dark pants. The background consists of a field of tall grass or reeds in the foreground and a dense line of trees in the distance. The lighting is bright, suggesting a sunny day.

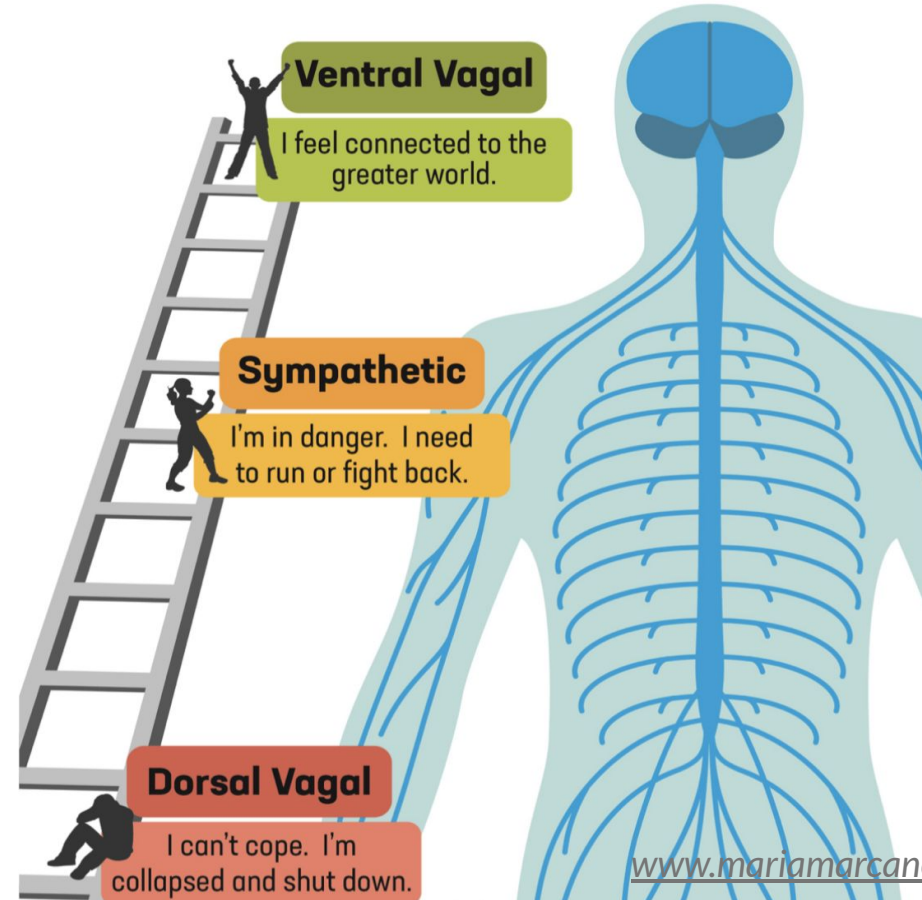
**THERE IS A SIMPLE SOLUTION
ALREADY AVAILABLE TO YOU
TO AVOID AND RECOVER FROM
BURNOUT:**

**RETURNING TO YOUR
BODY**

Polyvagal Theory: The Autonomic Ladder

Understanding the Nervous System

Adapted from Deb Dana, LCSW



The autonomic ladder

Ventral: Prefrontal cortex (analytic brain)

Sympathetic: Midbrain, Amygdala (limbic brain)

Dorsal: Brain stem (reptilian brain)

Resources neurobiologically unavailable under stress:

- Impulse control
- Attention
- Managing emotional reactions
- Curiosity
- Planning and foresight
- Modulating fear based on logic
- Short term memory
- Being responsive to loved ones' needs
- Empathy
- Learning
- Intuition
- Cognitive flexibility (ability to change)
- Self and personality - being yourself beyond survival
- Coregulation - the capacity of helping others feel safe



Improving vagal tone

Regulating practices

→ Self-regulation

Conscious breathing & movement, meditation, nature, temperature, filter senses, EQ, focus, sounds and aroma,

→ Co-regulation

Facial expression, tone of voice, touch, resonance, space holding, group movement/ sound

An illustration of an iceberg in a blue ocean. The tip of the iceberg is above the water, while the much larger base is submerged. The sky is light blue with a few white clouds. The text is overlaid on the water and the submerged part of the iceberg.

**SUBCONSCIOUS PATTERNS
AND OLD UNPROCESSED
STRESS CAN MAKE YOU PRONE
TO BURNOUT**

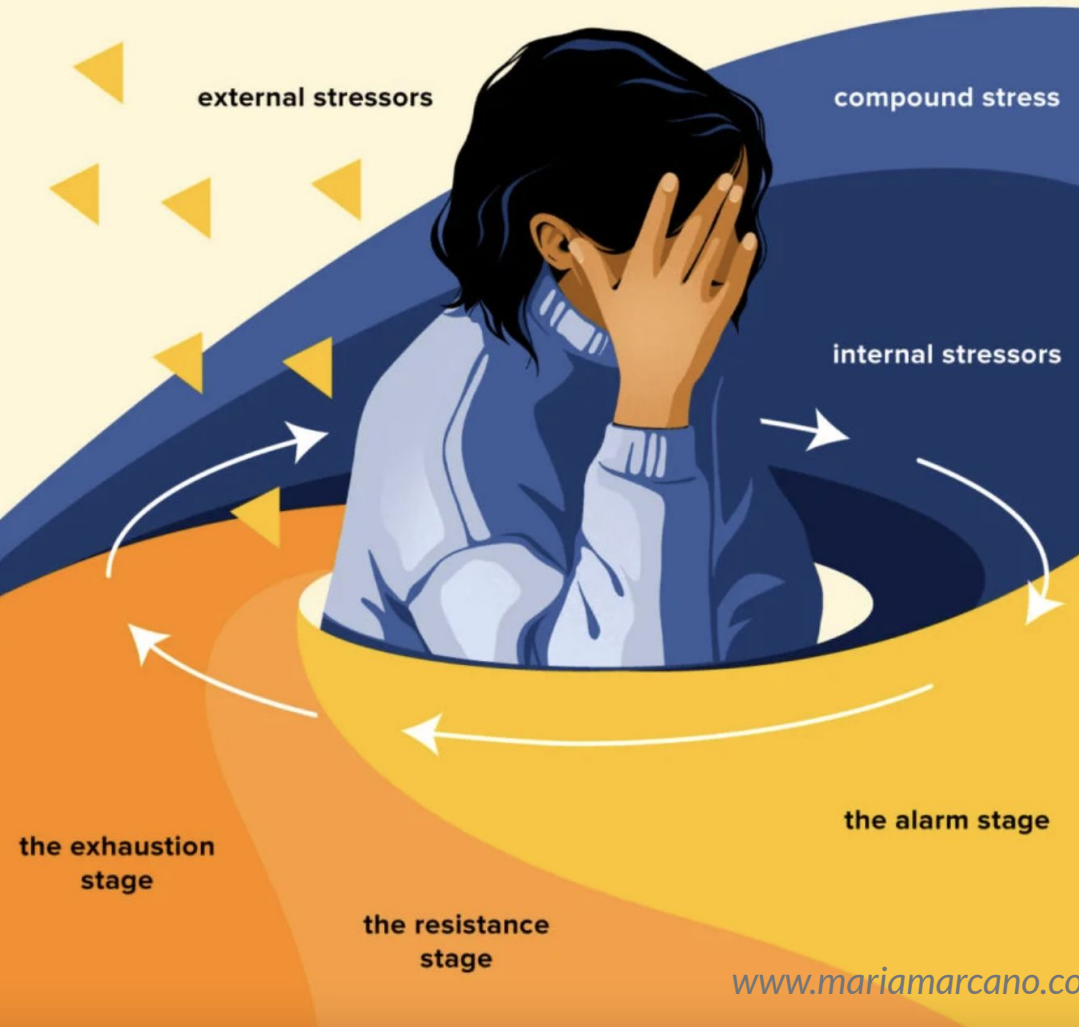
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Examples of burdens or limiting beliefs

- ❖ Life/ the world is hard/ unfair
- ❖ I can't trust people
- ❖ I'm alone
- ❖ There is not enough resources (time, etc)
- ❖ I'm too much or too little
- ❖ It is impossible
- ❖ They're better than me
- ❖ I don't deserve / I'm not worthy
- ❖ I don't like/ trust/ believe in...
- ❖ I can't
- ❖ I should/ shouldn't



Unfinished Stress Cycle

The Alarm stage: External stress activates fight, fly or freeze

Resistance stage: External stress ended but system stays in alert. If you still feel internally unsafe:

- ❖ Poor concentration, irritability & frustration

Exhaustion stage: If the cycle isn't complete it can get repeated, internalized and compounded:

- ❖ Anxiety, depression, burnout, chronic health issues

4 Step Process

Regulate

Nervous system

Befriend

Connecting with nervous system AND subconscious (inner beliefs)

Unburden

Complete the stress cycle in the body and the mind

Integrate

Avoid regressing to old pattern.
Embody resilience.

GUIDED EXPERIENCE



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Thank you...

- ❖ Conscious breathing practice for you

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*“The partner of head is
heart.
Body has no opposite.
In body, heart and head are
one.”*

Georgi Y. Johnson