A PRACTICAL GUIDE TO THE 3 STEPS TO HEAL BURNOUT & ADRENAL FATIGUE

A “CHOOSE YOUR OWN ADVENTURE” CHEAT SHEET

This ‘Choose Your Own Adventure’ Cheat Sheet will help you carve out a healing path that best suits you so you can continue the learning you received during the webinar ‘What Burnout Really Is & Why It Can Be So Tough To Heal.’

Haven’t watched the presentation yet? No problem!

Dive into the recorded webinar sooner rather than later so this information isn’t left behind in the internet dust. What you’ll learn when you start to watch my presentation is that just having this nervous system + stress physiology education on your side is plenty to get you started.

In my presentation I covered three main steps that must be followed if you, or your clients, want to heal, for real, burnout and adrenal fatigue.

**STEP 1**
Education on the biology of our stress response and the autonomic nervous system.

**STEP 2**
Building strong self-awareness from a biological level.

**STEP 3**
Neurosensory exercises that increase self-awareness so you can work directly with the kidney/adrenal interface.

Here’s an action plan to help guide you through these three essential steps.
To help guide you through these three steps, I’ve included three of my most used resources.

*Each resource has:*
  a) An education piece.
  b) An audio Neurosensory Exercise (that puts the education into action).

Together, the education and experiential exploration, will help cultivate biological self-awareness.

**ESSENTIAL NERVOUS SYSTEM TIP:**
When a person has more skill to notice their gut-instincts and stress chemistry they’ll be able to better notice when their system is going into a stress reaction. When this happens a person can follow their impulses to avoid bad situations and re-route their neurochemistry so it doesn’t keep harming the body-mind connection.

**POSITIVE SIDE-EFFECT INCLUDED:**
Rediscovering your gut instincts - and actually listening to them - will spark up and harness your creativity and life force energy. In other words, get more in tune with your body from a deep gut level and learn how to bring it out of survival mode, and you will be on your way to greater authenticity and finding your true purpose in life.

Now comes the choose your own adventure part and your first try at following those impulses and going with the gut:
See which one of these three resources your gut is drawn to trying out first, then second, etc... It doesn’t have to be in the order I’ve laid out here, you can choose your own path.

**Important Reminder:**
This work is not a quick fix.

With time and practice you CAN become your own medicine!
The Resources

#1: 7 Steps To De-Stress

This mini ebook will give you another perspective into the stress response and the importance of taking many moments throughout the day to *pause, stop, sense*, and orient to the world around you.

Read It Now >> [7 Steps To De-Stress](#)

Then check out the audio neurosensory exercise, [HERE](#).

#2: 4 Steps To Beat Your Inner Resistance & Unleash Its Healing Forces

Do you have trouble getting started with things and find yourself in a mind warp with thoughts swirling you into procrastination?

Read This Mini Guide >> [4 Steps To Beat Your Inner Resistance](#)

Then experience the audio neurosensory exercise, [HERE](#).

#3: 4 Surprisingly Simple Steps To Calm Overwhelm and Out Of Control Emotions

When you return to your body, feel it, *AND*, sense its connection to the environment (something as simple as the chair under your butt, for example) you come back to your biology.

This Guide Will Offer Up A Few Simple Suggestions For Practicing Biological Embodiment >> Grab it [HERE](#).

Then check out this audio neurosensory exercise that’ll guide you through these 4 steps, [HERE](#).
When your mind and body have been filled up with my free resources and you’d like to go the distance and experience a higher level of mentorship so you can continue your nervous system rewiring process, here are the two paths I suggest:

**#1: Start Your 21-Day Nervous System Tune-Up Today**

This self-study starter course is available all the time and begins the moment that you sign up.

Many of my participants have experienced profound effects by just doing this 21-day course on its own.

**Here’s one story in particular that I love.**

Choose this experience now <<<

**#2: SmartBody SmartMind - My 12 Week Nervous System Rewire Program**

I run my one-of-a-kind intensive group online training program once a year and it will help you get to the roots of burnout, adrenal fatigue, stored up traumatic stress and much more.

(Seriously, this program knocks it out of the mind-body-healing park for those who join.)
**SmartBody SmartMind** will cover ALL three steps that were outlined in the webinar:

1: Education  
2: Biological Self-Awareness  
3: Working at the level of the Kidney/Adrenals

During the 12 weeks you cultivate a strong knowledge base around what it means to be trauma-informed from a nervous system perspective. You work on building a strong skill set so you can become more biologically self-aware; which inevitably lays the foundations for deep healing work at the stress chemistry and stored traumatic stress level.

The program curriculum is intensive and will change your life, so if you are ready for a transformative experience that will stick....

**Get on the waitlist so you can be notified the moment it opens for registration.**