

The Burnout  
Recovery Coach



# Breathe Easy

*Cultivating Core Resilience  
from the Inside Out*



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# I KNOW HOW TO BREATHE WHY DO I NEED TO RELEARN THIS NOW ?.....

Today our social culture is such that we are expected to be busy all the time, we have become Human “DOINGS” NOT Human “BEINGS”

There is so much research in the neurosciences that today we know and understand so much more about how we function as human beings that simply was not known to us in the past. No doubt this area of research will develop further and offer us greater insights and understanding in the future, in respect of who we are and how we function.

But for now it is important for you to understand three things.

- ▶ In our culture and society we are exposed to constant stimuli and as human beings and we are just not equipped to experience such high and continuous levels of stimuli.
- ▶ Neurobiologically our brain processes sensory information to determine how we cognitively experience life
- ▶ Our neurophysiology tends to lean towards overall physical functioning for such issues such as motor control, sensory physiology and neural circuits.

Understanding the deep connection between our mind and body is key to being healthy in every sense.

Using very simple breathing exercises helps us to connect our brain, body, thoughts and emotions to achieve optimum health and build resilience.

# HOW HISTORY INFORMS SCIENCE .....

This simple technique really is one of the best and easiest way to soothe your nervous system and build resilience when you feel stressed, anxious or overwhelmed because you are able to:

- Slow down the adrenaline and cortisol that is flooding your body.
- Access the pre-frontal cortex part of your brain to engage clear and rational thinking.
- Increase mind-body strength, vitality and resilience in the long term

The culture we live in is fast paced and constantly stimulates our brain which confuses our nervous system. This is simply because our biological and neurological make up are not equipped to function at such high fast paced levels stimuli all the time.

Our brains are constantly bombarded with noise and activity in the environments we live which does not allow us to follow natures natural cycle and biorhythms of day and night.

Our brain and nervous system struggles to distinguish between reality and fiction.

So when we watch a scene in a film where an actor is violently killed our nervous system reacts as though that same scene is playing out in front of us in real time.

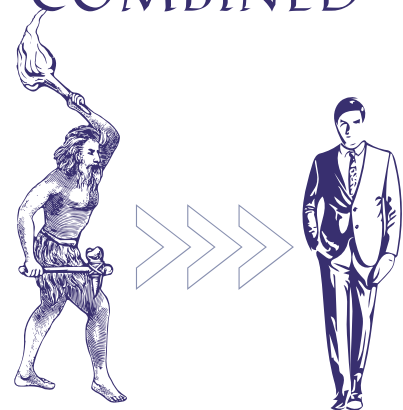
Our brain and biorhythms also gets confused and stressed about waking and sleeping hours when we use unnatural light.

We also consume lots of chemicals and synthetics in our food, drinks which our bodies simply cannot process which also negatively impacts on our body functioning. When it all gets too much we may find ourselves reaching for illicit substances, alcohol or activities to help us relax and numb out all the noise.



# JUST A LITTLE MORE SCIENCE COMBINED WITH TIME TRAVEL .....

As Human Beings we have very simple needs which are easily met with simplicity just like our ancestors, the caveman experienced.



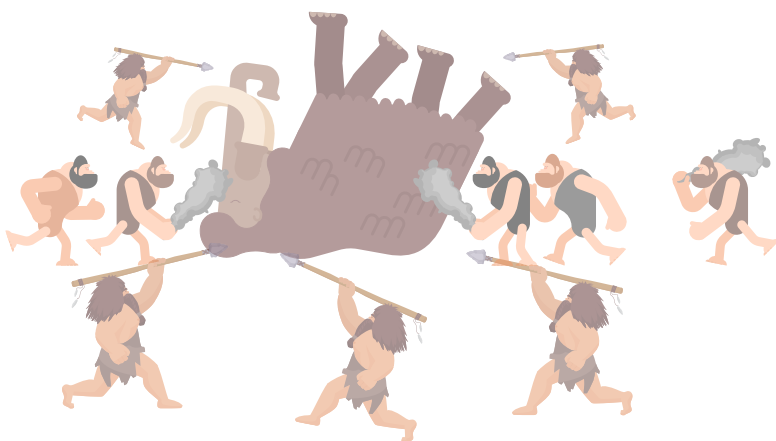
Daily life was doing the physical stuff to meet our basic needs for food, warmth, love and connection. So our ancestors would live according to the seasons and mother natures' cycle of day and night and we developed biorhythms to help us with the environment we lived in.

We collected water, made clothes, tools and structures to keep us warm and help us hunt.

We killed animals and fish whilst foraging for and growing vegetables to meet our dietary needs.

It was a very simple existence but all our needs were met.

Our ancestors understood that we needed love and connection to survive and so created small communities but it was still a very simple existence.



The only time our nervous system was significantly challenged and stimulated was when we we faced the threat of death.

Reality is that this really wasn't very often in comparison to the high volume of stimuli which our brains experience now which simply confuses and overwhelms us our brains now

# SO HOW DOES THAT AFFECT US TODAY ?.....

Today our social culture is such that we are expected to be busy all the time, we have become Human “DOINGS” NOT Human “BEINGS”

For now it is important for you to understand four things.

- In our culture and society we are constantly exposed to stimuli from the environment we live in. As human beings we are just not equipped to experience such high and continuous levels of stimuli which causes us stress.
- Neuro-biologically our brain processes sensory information from a part of our brain called the Amygdala and determines how we cognitively experience life depending on our own historical experiences.
- When we are stressed by events or experiences in our environment our body physically responds by getting flooded with hormones called adrenaline and cortisol, which makes our heart beats faster and harder, blood pumps faster to our limbs making us stronger and run faster to escape the danger.
- We have forgotten how to breathe properly. We now breathe in short shallow quick breathes confusing our brain that we are under threat not the soothing long and slow breathe which soothes our nervous system when adrenaline is coursing through our body

**Evolution does provide us with creature comforts but biologically we are still the same with the same basic needs and neurologically we are having to deal with so much more every moment of every day which takes it's toll on us and our bodies.**

**The culture we live in is so face paced exposing our brains to excessive stimulation which confuses our nervous system. Consequently the biorhythms and natural ability of our body to digest and process everything we consume from food to mental stimuli is negatively affected.**

**SO IT IS ESSENTIAL TO OUR SURVIVAL TO  
GO BACK TO THE BASICS**

There is so much research in the neurosciences that today we know and understand so much more about how we function as human beings. No doubt this area of research will develop further and offer us greater insights and understanding in the future about who we are and how we function.

# THE PHYSIOLOGICAL RESPONSE TO STRESS....

When you encounter a stressful situation, your body naturally prepares to help you to confront and overcome the challenge.

This starts with your brain initiating a sequence of physiological responses flooding your body with neurochemicals and hormones.

Your adrenal glands release adrenaline and noradrenaline into your bloodstream to prepare you to either confront or run away from the threatening situation.



Your heart rate increases pushing more blood to your muscles.

Airways in your lungs open up, allowing you to take in more oxygen.

Your blood sugar increases giving your brain and muscles more energy.

Your blood vessels constrict, increasing your blood pressure.

All of these effects get you ready to either confront or run away from the threat.

This is more commonly known as the fight or flight response

If the threat is still present, another hormone, called cortisol, is released into your bloodstream.

Cortisol stimulates your liver to produce glucose which then travels to your brain and increases your alertness, attention, and focus.

Cortisol also prepares your body to withstand pain, injury, and fatigue.

# THE PHYSIOLOGICAL RESPONSE TO STRESS.....

Bodily activities that are not immediately necessary for survival, like immune responses, digestion, reproduction, and cellular repair are put on hold, allowing all of your resources to go towards confronting the threat.

The body's response to stress becomes problematic when you find yourself in constant state of stress because this stress has the effect of denying your body the opportunity for rest and recovery and your ability to regulate the release of stress hormones becomes impaired.



Your physical health starts to suffer with difficulty with sleeping and later more serious illnesses such as Chronic Fatigue Syndrome, Hypertension, Heart Disease, Diabetes, Arthritis, Obesity and Metabolic Syndrome for example.

Particularly vulnerable to this damage is the hippocampus, one of the brain structures most important to memory.

You will also be prone to gaining weight which you struggle to lose and developing addictions to help numb the pain of constant stress.

Those addictions are typically alcohol, nicotine, prescription or illicit drugs, food, sex, gambling even going to the gym or watching TV can be addictive if you are using it to avoid stress.

An imbalanced stress response system is linked to the physiological underpinning of burnout.



# ALL ABOUT THE BREATHING TECHNIQUE .....

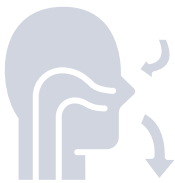
## Get Comfortable:

Find a comfortable and safe position either sitting or lying down, where you are warm and will not be disturbed for a few moments.



Close your eyes and place your hands on your stomach or heart area.

## Breathing Technique:



Start by focusing on the breath inhaling deeply through your nose and exhaling through your mouth.

Notice how your torso rises when you breathe in and falls with the breath out. Once you have established a rhythm of breathing move onto the next step

Start to count your breath in up to the count of 4 and do the same again for the breath out. Breathing slowly and deeply.

1 2 3 4

Keep practising regulating your breathing this way for a about a minute

Now lets elongate the breath in by counting your breath in to the count of

6

And your breath out for the count of

9

Keep practising regulating your breathing this way for about a minute or two

Next I would like you to hold your breath for the count of

3

in between your breath in and breath out.

Keep breathing this way and notice how relaxed your mind is.



### Body Scan:

Now focus on your body.....focus your attention on your toes moving your attention on each part of your body.....exhaling any tension you may holding onto

Listen to the innate wisdom and messages your body and mind are ready to share with you

**Are you aware of any areas' of imbalance in your life?**

**Do you notice any niggles, aches or pains in your body?**

### Conclusion:

Take a few more deep breaths, slowly return awareness to the present moment and opening your eyes

**So to summarise .....**

Close your eyes and put your hand on your heart

**6** Breathe in through our nose whilst pushing your stomach out

**3** Hold your breath

**9** Breathe out through our mouth whilst pulling your stomach back in towards your spine





# MEET JACQUI



Jacqui Sansom works with high functioning professionals to overcome stress, exhaustion and burnout and return to optimum health and energy. Jacqui helps people to identify the underlying causes so they can achieve lasting good health.

Jacqui has spent over 25 years working as a Family Lawyer and understands the pressure that highly demanding roles involve. She has seen an increase in sickness and ill-health in the past 5 years, as people's stress has increased.

Jacqui suffered stress-related sickness herself, which led to a diagnosis of cancer. In her journey to recover her health, she saw the importance of identifying the underlying causes of her poor health in order to fully recover.

Seven years on, Jacqui still works in law and enjoys full health and better levels of energy than in her forties!

Jacqui is committed to helping other professionals avoid losing their health and to enjoy high levels of health and energy. She went on to train in a range of mind-body techniques, including NLP, Clinical Hypnotherapy, Relational Life Therapy, Executive Business and Health Coaching.



Jacqui also has a private practice and works with individuals and in-house in organisations. She speaks across the UK on how not to lose your health under pressure.

If you do feel you want to explore the issue of your health and stress levels further please please do book a call with Jacqui to chat about how she can help you beat the burnout and maintain optimum health and vitality on this link [jacquisansom.com/contact/](https://www.jacquisansom.com/contact/)

