

Burnout.net Immediate Measure Plan

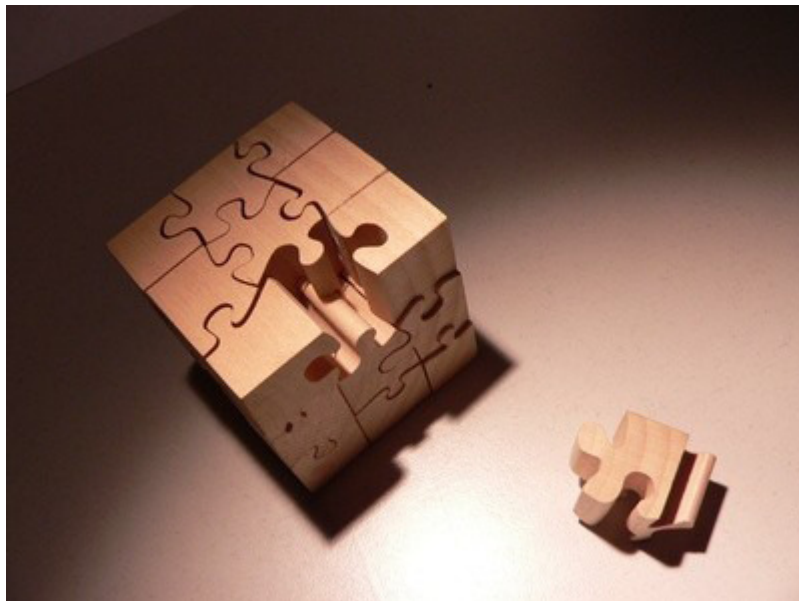
You are feeling tired, down or under pressure? You would like to become active and do something against that?

The immediate measure plan of burnout.net is intended for prevention as well as self-treatment of people affected by burnout.

It contains valuable expert advice about burnout-prevention, nutrition, work- life-balance, sports and vitamins. It was created by experienced experts:

Dr. Eduard Czamler (specialist in psychiatry and neurology)

Dr. Hans Finder (psychotherapist and general practitioner)



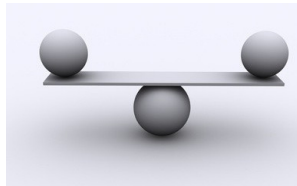
The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

Table of Contents

1) Reduction of additives



2) Work smarter – Not harder



3) First Aid - Burnout and nutrition



5) Vitamins and Resources

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.



1. Reduction of addictives

An alarm symptom, usually occurring when the burnout is already in an advanced stage, is the increasing use of addictive drugs. Usually one uses alcohol, sleeping pills or other stimulants in an attempt to treat symptoms like: insomnia, depression, weakness and exhaustion symptoms. The consequences usually are physical as well as psychological addiction which in the majority of cases needs to be treated in hospital.

If you consume one of the addictives mentioned above on a daily basis there is a simple test you can do in order to find out how far your addiction has progressed: Wait for a quiet week and abstain from the drugs!

- If you do not recognize any physical or psychological symptoms you are probably not addicted yet.
- In case you encounter the following symptoms within several days of your abdication which will weaken after some time you can consider yourself lucky. Insomnia, physical pain, shiver, nervousness and a strong urge for addictive substances are amongst the symptoms. RED ALERT: a change in your life style is essential at this point.

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

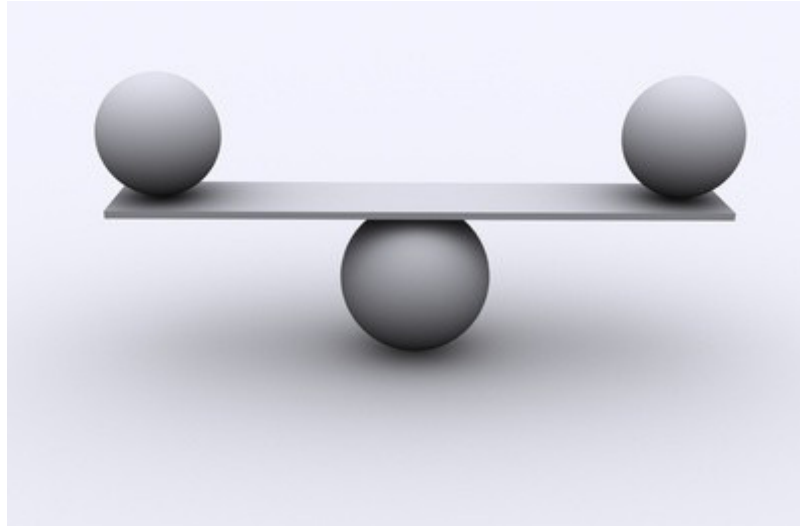
- If the symptoms mentioned above increase dramatically, if you encounter confusion or strong urge for the addictive, you can be classified as highly addicted and a detoxination is recommended.

Generally it is not advised to consume more than 2 bottles of beer, 3/8l wine or 2-3 hard liquors. A behavior of this kind can already lead towards addiction after a couple of months.

Concerning sleeping pills it is advised to stop taking them after a period of 4 weeks. If insomnia still occurs please contact your doctor or psychologist. Amphetamines should be avoided completely because they trigger a state of exhaustion very easily.

Hans Finder

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.



2. Work smarter – Not harder

The basic topic is rhythm. All life, all liveliness has its rhythm. The question is not: "Which rhythm is the correct one?" but "Which rhythm is the correct one for me?" Some people have a pulse of 44/Minute and some people's heart strikes 80 times per minute. Both are correct. What we often lack is the good rhythm between tension and relaxation.

An important topic:

Finding the rhythm between tension and relaxation. That is important, also from the physiological point of view.

Your brain connects new collected data and facts only in the phases of peace and relaxation. Think of the moments when you had your last good ideas or realizations - usually we experience them in the bath tub, on a walk in otherwise beautiful relaxed moments. Relax and give your brain the chance to ease.

Secondly:

Multitasking makes us ill in the long run. There are only few people, who can deal with the tension of multitasking. The old Zen wisdom has a lot of truth in it: If you go, then go, if you sit, then sit and if you eat, then eat. You cannot enjoy 5 things at one time and if you do 5 things at one time, then that is an

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

emergency programme that nature gave to some of us. Don't forget the rule for each emergency programme: Activate it only when you really need it; don't let it become a continuous program. You will burn out.

Thirdly:

In a world dominated by new communication technologies, think about the following: Keep it real at all times. Do not let any computer or blackberry determine your accessibility! Your world and/or enterprise will not go down because you are unavailable from time to time.

Fourth:

Delegate! If there is somebody who can do a certain thing better than you, let them do it! It will enable you to manage your personal time better.

Last but not least: a good plan liberates: Prioritize your activities!

Keep swinging!

Hans Finder

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.



3. First Aid

How to identify burnout?

The following symptoms might indicate burnout:

- Emotional exhaustion (Feeling of indifference, lack of highs and lows in daily life)
- Physical exhaustion (Feeling to need more energy in order to carry out an activity)

What can be done?

The first step towards self-help is to acknowledge and analyze the situation.

Helpful measures

Immediate change of lifestyle

- Avoid commitments
- Avoid isolation (people affected by burnout are often loners)
- Sports activities (start with relaxing walks or light jogging)

Strict separation of work and free time

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

- Switch off the mobile phone from time to time
- No internet

At least 7-8 hours sleep each night

Use the word "NO"

- Learn to use this word as often as possible
- Delegate duties
- Take creative breaks

Healthy diet

- Avoid fat und sweet food
- Drink between 2 and 3 liters water (or unsweetened herbal tea) per day

Immediate decrease of stimulants

- Reduce consumption of coffee
- Reduce nicotine
- No alcohol

Natural healing powers

- St. John's wort tee (lifts the spirit) and lavender tee (calming and relaxing)
- Use of essential oils to lift the spirit
- Lavender oil (calming)
- Citric oil (orange, tangerine, grapefruit, lime, lemon- anti-depressive, calming, lifts the spirit)
- Rose / rose wood (lifts the spirit)
- Rosemary (tonic, calming)
- Sandal wood (grounding, anti-depressive)

Relaxation exercises

- Autogenous training
- Yoga

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

- Thai Chi
- Chi-Gong
- Meditation

These are approaches, which the individual affected by burnout can use immediately and independently after recognition of the symptoms. However, since panic situations are often present, they usually cannot help themselves. For this reason the situation should be discussed with familiar people. In some cases expert advice is inevitable.

The burnout syndrome triggers a chronic activation of the stress axis and thus an increased release of the stress hormones cortisol, adrenalin and noradrenalin. Other hormonal effects influence the metabolism of proteins, carbohydrate and fat. Protein is catabolized and sugar and fatty acids are mobilized from the depots of the body. The level of blood sugar and blood lipids increases. The production of sour metabolic valences rises - over acidification occurs. Also, the need for minerals and vitamins increases.

In addition the reactivity of the immune system is lowered (susceptibility to infections increases) and it in the long term releases inflammation-promoting molecules in the connective tissue (increased pains). Wrong eating habits (sugar-containing and fatty food; soft and energy drinks) weaken the body even more.

How can I change my eating habits in order to minimize the consequences of stress?

Most people only look into the subject "What shall I eat?" The question "How shall I eat?" is hardly asked even though it is equally important.

Rules of thumb:

- Take your time for eating. While you eat, don't do anything else.

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

- Relaxation is important for the body in order to trigger digestion - stomach and brain. Indulgence and pleasure increases relaxation.
- Eat slowly and make sure to chew your food well.
- Try to eat food that is high in vitamins and nutrient-rich (vegetables and fruit; whole meal)
- Proteins (legumes - indigestive for some people); cheese, fish and poultry is recommended
- Olive oil and polyunsaturated fatty acids are recommendable.
- Listen to your feeling of repletion and drink plenty of fluid (especially unsweetened tee and fruit juices)

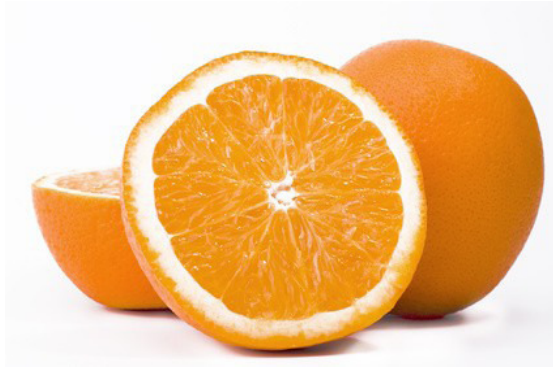
In case you require more micronutrients the following is recommended:

Omega-3-acids, vitamin B, trace elements and lip soluble vitamins (e.g. vitamin AE-Lycopin) play an important role. Do not exaggerate the use of vitamin E by the way as it may affect your health in the long run.

If you stick to the rules of thumb described above, your body will be grateful!

By: Peter Hinterseer, Fitness Coach und nutritionist & Dr. med. Hans Finder, psychotherapist and general practitioner

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.



4. Vitamins and Resources

Just like minerals and micronutrients, vitamins are an important part of a balanced diet and vital substances in order to maintain a healthy lifestyle. Our body cannot form them independently; they must be supplied to our body on a constant basis. Various vitamins each take over special functions in the organism. Thus they influence for example the conversion of food to energy, the construction of body fabric, the immune system, the creation of hormones, the decontamination of the body and the enzymes which are involved in a number of processes. Only at the beginning of the 20th century doctors have investigated vitamins in relation to deficiency symptoms. The term *vitamin* derives from the Latin concept *vita* (life) and *amin* which refers to the chemical structure – an organic nitrogen compound.

In relation to burnout the following substances are essential for our wellbeing: Vitamin C, Vitamin B, Magnesium, Protein

Vitamin C

The richest natural sources are fruits and vegetables, and of those, the Kakadu plum and the camu camu fruit contain the highest concentration of the vitamin. It is also present in some cuts of meat, especially liver. Vitamin C is the most widely taken nutritional supplement and is available in a variety of forms, including tablets, drink mixes, crystals in capsules or naked crystals. Vitamin C is absorbed by the intestines using a sodium-ion dependent channel. It is transported through the intestine via both glucose-sensitive and glucose-

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

insensitive mechanisms. The presence of large quantities of sugar either in the intestines or in the blood can slow absorption.

Vitamin B

B vitamins are found in all whole, unprocessed foods. Processing, as with sugar and white flour, tends to significantly reduce B vitamin content. B vitamins are particularly concentrated in meat, and other good sources are potatoes, bananas, lentils, chile peppers, tempeh, beans, liver oil, liver, turkey, tuna, nutritional yeast, brewer's yeast, and molasses. Marmite and Vegemite bill themselves as "one of the world's richest known sources of vitamin B". As might be expected, due to its high content of brewer's yeast, beer is a source of B vitamins, although this may be less true for filtered beers and the alcohol in beer may impair the body's ability to absorb certain vitamins.

Magnesium

Green vegetables such as spinach provide magnesium because of the abundance of chlorophyll molecules which contain the ion. Nuts (especially cashews and almonds), seeds, and some whole grains are also good sources of magnesium. Although many foods contain magnesium, it is usually found in low levels. As with most nutrients, daily needs for magnesium are unlikely to be met by one serving of any single food. Eating a wide variety of fruits, vegetables, and grains will help ensure adequate intake of magnesium.

Because magnesium readily dissolves in water, refined foods, which are often processed or cooked in water and dried, are generally poor sources of the nutrient. For example, whole-wheat bread has twice as much magnesium as white bread because the magnesium-rich germ and bran are removed when white flour is processed. The table of food sources of magnesium suggests many dietary sources of magnesium.

Protein

Dietary sources of protein include meats, eggs, nuts, grains, legumes, and dairy products such as milk and cheese. Of the 20 amino acids used by humans in

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

protein synthesis, 11 "nonessential" amino acids can be synthesized in sufficient quantities by the adult body, and are not required in the diet (though there are exceptions for some in special cases). The nine essential amino acids, plus arginine for the young, cannot be created by the body and must come from dietary sources.

Most animal sources and certain vegetable sources have the complete complement of all the essential amino acids in adequate proportions. However, it is not necessary to consume a single food source that contains all the essential amino acids, as long as all the essential amino acids are eventually present in the diet: see complete protein and protein combining.

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

About Butnout.net

Burnout.net sees itself as an interdisciplinary network concerning the topics burnout-research, burnout-information, burnout-prevention and burnout-treatment. In our opinion the burnout syndrome is not only one of the most common psychosomatic illnesses (keyword: widespread disease) in Europe, but the current medical and social infrastructure is often unsuitable and inappropriate for people affected by burnout.

BURNOUT.NET commits itself to a sustainable information policy as well as scientifically established treatment methods which exceed the mere treatment of symptoms but aim to tackle a polycasual problem at its root. Our well trained and experienced experts from different disciplines strive towards the best possible result for each individual customer (burnout prevention) and patient (burnout treatment) based on their individual needs. Each service is based on the avoidance of bureaucracy (e.g. no waiting times, no referral) and the principle of patient convenience (e.g. spa facilities instead of hospitals, socialization instead of separation, joint problem solving instead of directives).

Besides our packaged services our specialists are at your disposal via e-mail or telephone outside our normal office hours (on appointment).

Please be aware that, due to the reasons explained above and an offer not covered by health insurance companies, our products and services are built on a private basis.

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

CSR

The medical staff (Dr. Eduard Czamler und Dr. Hans Finder) as well as the commercial directors (Klaus Forsthofer und Johannes Burgstaller) of burnout.net have adopted the following Social Responsibility Statement at their general assembly on April 21st 2009:

20% of the gross revenue of burnout.net will be used for the creation and publication of public burnout information material. The aim is to provide affected individuals and their families high quality knowledge free of charge and to destigmatize the burnout-syndrome in our society.

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

CV Dr. med. Eduard Czamler



About me:

I was born in Linz on November 3rd 1954 and I currently live with my family close to Wels.

Professional experience:

I'm currently working as a medical specialist concerning psychiatry and neurology as well as psychotherapist in Wels.

Education:

After my high school exams I studied medicine in Graz
During my studies I also completed a diploma concerning psychotherapy (gestalt therapy) After my studies I worked at the General Hospital Linz where I also received training concerning childrens' psychotherapy in Göttingen and Brixen.
At Wagner Jauregg Hospital Linz I received my diploma as medical specialist for psychiatry and neurology.

I established and managed 7 help and information centers for Pro Mente OÖ.

Seminars:

Pro Mente & Caritas
University of Klagenfurt
Sigmund-Freud-University
Police Academy
Danube University Krems

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

OÖ Medical Association and ÖAAG

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

<http://www.burnout.net>

info@burnout.net

CV Dipl. Ing., Dr. med. Hans FINDER



About me:

I was born in Graz in 1951 and I currently live in Salzburg with my family.

Education and professional experience:

I studied bio-chemistry and medicine and I'm currently working as a general practitioner, psychotherapist and coach in my own practice in Salzburg. Furthermore I'm one of the coaches at "Management College Salzburg".

Certificates of the Austrian Medical Association (Österreichische Ärztekammer):

Psychotherapy

Diagnosis and therapy according to F.X. Mayr

Acupuncture

Further education:

Homotoxicology

Applied Kinesiology

Gestalt therapy according to Paul Rebillot

Zen - Psychotherapy (Baker Roshi)

Systemic family constellations (Jakob Schneider)

Systemic structure constellations and SYST seminar organizational structure constellations (Matthias Varga von Kibad and Insa Sparrer)

Conflict management (Dr. Friedrich Glasl)

Training as Retaming-Coach (Wilhelm Geisbauer)

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

Please find further information at www.burnout.net/english

The information displayed on this site mustn't be treated as a replacement for professional advice or treatment by trained doctors. The content of BURNOUT.NET cannot and should not be used for self-contained diagnosis or treatment.

<http://www.burnout.net>

info@burnout.net