# Burnout For Dummies® Transcript for Audio Exercises

## Track 1: Taking the Mindful Breath (Chapter 5)

You may want to sit, or you may want to lie down. Whatever position you choose, ensure that you are comfortable and that you can stay alert, yet relaxed.

\* Begin by breathing slowly, in and out.

\* Count 1-2-3 as you breathe in and then count 1-2-3-4-5-6 as you breathe out.

\* Breathe in through your nose and breathe out through your mouth.

\* Let the breath simply flow without trying.

\* Observe your experience of breathing, perhaps noticing the temperature of your breath as it moves in and out, the rising and falling of your chest, the expansion and contraction of your belly, the way your lungs fill and the way the let go.

\* Allow your thoughts to rise and fall with your breath.

\* Allow yourself to be aware of how the breath fills your body with life.

\* Notice your connection with the breath of life.

\* Notice how you are not holding on to anything, letting go with your breath.

\* Simply observe your experience. Witness the breath of life filling your body and then being shared with the world.

## Track 2: Creating Your Vision (Chapter 6)

You may want to set a timer for 5 to 15 minutes.

**1. Begin by sitting quietly and closing your eyes.**

**2. Take a deep breath in, breathing in through your nose, and then exhale completely, breathing out through your mouth.**

**3. Bring your focus to the breath, observing the sensations you experience as you breathe in and out.**

Notice what you feel and sense with each breath. If thoughts arise in your mind, allow the thoughts to be absorbed with your breath and watch them come and go with your breath.

**4. Begin to count 1-2-3 as you breathe in and 1-2-3-4-5-6 as you breathe out.**

Count to three on the inbreath and six on the outbreath for the next ten cycles of breath, allowing all tension in the body and thoughts in the mind to be cleared with the breath, released out into the wind or air.

**5. Observe your body, noticing any sensations you may be experiencing.**

Appreciate the silence. Appreciate your breath. Appreciate the opportunity you have right now to be silent.

**6. Now let your mind wander into the future.**

See yourself full of energy, thriving, and successful. You are being interviewed on the *Today Show* or another talk show. The hosts are asking you about your work and giving the audience an in-depth report on your successes and how you’ve managed to overcome so much adversity. Let the scene play out as if you were watching a film.

**7. When you are ready, open your eyes and write down as much as you can remember.**

## Track 3: Mindfulness in Action (Chapter 8)

The following exercise guides you to observe your body, emotions, and thoughts; label your experience; and use your breath to achieve a better sense of calm. The goal is to help you reappraise a given situation.

**1. Set the stage.**

Perhaps you can think about a situation that upsets you or causes you to feel anxiety, anger, or any other negative emotion. Let your mind go to the story.

Now take notice of how you feel. Notice the physical sensations that arise in your body, where the story goes in your mind, and how your body reacts to the story your mind is telling.

You may want to label your experience by saying, “Noticing the sensation of a pit in my stomach,” or “Observing tension in my chest with this thought,” or “Noting the experience of anxiousness and neck stiffness.”

Notice with open curiosity.

**2. Shift to the breath.**

Redirect your attention and focus on the ins and outs of the breath for a few minutes and follow the breath as you inhale and then exhale. In and out, back and forth, as if you are watching the waves of the ocean.

Perhaps you can appreciate the breath or how it changes in relationship to your thoughts and emotions. Does it change when you feel angry, sad, nervous, and so forth? Observe changes to your breath as your thoughts or emotions change with interest and curiosity for another minute or two.

**3. Reappraise.**

Pause now to allow thoughts of the situation to come up in your mind. How do you feel about the situation now? How does your body respond? Take note with open interest.

Is it possible to see the situation differently? Is the situation triggering something in you, like feeling inadequate, undervalued, unsupported or unworthy, and so dorth? Observe and take note of any thoughts or ideas that arise, without judgment and with compassion and kindness.

**4. Breathe in kindness.**

When you are ready, bring your focus back to the breath and imagine you are breathing in compassion and kindness, letting it flow into your lungs and the rest of your body with every cycle of breath.

Take note of how you feel, any sensations that arise, as you let thoughts and feelings come and go with your breath.

**5. Settle back out.**

Take a deep cleansing breath and then let your breath assume a natural rhythm, gently bringing yourself back and opening your eyes.

Reflect on how you may respond now.

## Track 4: Loving Kindness Meditation (Chapter 9)

**1. Find yourself a comfortable position, close your eyes, and take a few nice, long, deep breaths. Allow your body to gently relax.**

**2. Breathe in deeply and exhale completely a few times and then let your breathing assume a natural rhythm.**

As you do so, allow yourself to experience gratitude for giving yourself the opportunity to give and receive loving kindness today. Express gratefulness toward yourself for taking the time to do this loving act.

**3. When you are ready, imagine infinite love flowing your way, flowing in with your breath, filling your chest with love and peace, as you inhale. Imagine you are letting go of tension as you exhale.**

With every inbreath and outbreath, allow yourself to feel grateful for all that you are right this very moment. Breathe in this love and peace, exhale and let go of tension.

**4. When you are ready, say a loving and positive phrase to yourself.**

You may say one of the following phrases or any phrase of this nature that you like:

May I be healthy, peaceful, and strong.

May I be filled with happiness and joy.

May I have the strength and resilience to overcome any obstacles.

May I always be surrounded by people that I love.

**5. Soak in the feeling of loving kindness. Let the feelings envelop you in warmth like an embrace.**

If you find your mind wanders, take notice and gently bring your focus back to the feelings of loving kindness.

**6. Stay in this space as long as you like.**

## Track 5: Just Like Me (Chapter 9)

The following exercise draws on a meditation created by Sean Fargo, a former Buddhist monk. It is aimed at helping you develop a sense of compassion by becoming connected to the shared sense of experience with all human beings, including those people you may not like or with whom you are in conflict.

**1. Settle in.**

Find a comfortable position, close your eyes, and take a few nice, long, deep breaths. Allow your body to gently relax.

Breathe in deeply and exhale completely, gently and slowly for three or four cycles of breath.

Scan your body and notice any sensations or emotions that arise, accepting whatever you notice without judging anything as good or bad. You are simply witnessing.

**2. Recognize humanity.**

When you are ready, bring someone to mind whom you just met or don’t know well. As you do so, notice any changes or sensations that arise in your body. Notice any changes to your breath.

With this person in mind, say to yourself, “This person is human, just like me,” and take about five to ten cycles of breath to let this statement sink in.

Do the same with the following statements:

“This person has a body, just like me.”

“This person has emotions and thoughts, just like me.”

“This person has feelings, failures, and successes, just like me.”

“This person wishes to be loved and fulfilled, just like me.”

“This person wishes for health and happiness, just like me.”

Take a moment to appreciate and notice any changes or sensations that arise in your body now, as you hold this person in your awareness.

**3. Extend loving kindness.**

Breathe in loving kindness, and as you exhale, let it flow through the rest of your body. Take note of how you feel for three to five cycles of breath.

When you are ready, send this person loving kindness. You may create your own statements or use one or more of the following:

“May you be happy.”

“May you be fulfilled.”

“May you be healthy.”

“May your life be filled with ease and joy.”

**4. Settle back out.**

Bring your awareness back to your breath as you gently breathe in deeply and exhale completely.

Notice your body, becoming aware of your body’s weight on the chair and your feet connected to the earth.

Take note of your entire self, present, alive, breathing, right here, right now as you open your eyes.

## Track 6: Accepting That Self-Compassion Can Be Difficult (Chapter 9)

With love and patience, your way through burnout involves accepting where you are right now and accepting that self-compassion can be difficult. Here is a practice you can do to help yourself cultivate acceptance.

You may want to start doing this practice for five minutes and perhaps set a timer to do so. You are also welcome to reflect as long as you want to.

**1. Reflect.**

Bring your awareness to your body and notice any sensations you may be experiencing.

Notice your emotions and thoughts. How are you feeling about this self-compassion journey? Allow yourself to be present with thoughts, emotions, or physical sensations as they arise.

**2. Label.**

Give your experience a label. You might say, “Feeling butterflies in my stomach. Feeling nervous,” or “Noticing resistance, chest is tight,” or “Feeling hopeful, shoulders relaxed.”

**3. Center with loving kindness.**

Bring your awareness to the center of your chest, the part of your chest known as the heart center. Imagine you are breathing in loving kindness into your heart center. With every breath, you are allowing loving kindness into your heart. As you do so, your heart may begin to open and relax.

Keep breathing loving kindness into your heart and allow yourself to witness anything that transpires. There is no right or wrong, good or bad.

When you do notice something, label it as if you are the observer, noticing or watching it happen. You might say, “Feeling the chest open,” or “Feeling a tightness in my chest,” or “Feeling sadness,” or “Feeling joy,” and so on.

**4. Soothe and accept.**

Keep breathing in loving kindness and at all times remember to speak to yourself as if you are speaking to a dear friend who is struggling.

You can also place one hand or both on your chest to provide you with a feeling of safety and comfort, and say these words to yourself, “I accept my experience as it is right now. I accept myself where I am right now and as I am right now.”

Reflect and soothe as long as you want or until the timer goes off.

When you are ready, feel free to journal about your experience.

## Track 7: Observing and Connecting to Your Qi (Chapter 11)

The following exercise helps you observe how and what you feel mindfully, connect with your brain, and understand the concept of energy and how it can flow through your body.

**1. Settle in.**

Find a comfortable position in which to sit or lie down. Close your eyes and just breathe naturally. If you find your mind is active with thoughts, simply notice them and allow them to come and go with your breath. You may say to yourself as you notice the thoughts, “thinking, thinking, thinking,” and then gently bring your focus to your body.

Take a moment or two to scan your body from head to toe, just noticing any sensations that you may be experiencing. Notice where you may feel sensations of ease or tightness, or any other feeling. Notice without judgment. You are simply observing and getting to know your body.

**2. Focus on the breath.**

Bring your awareness to your breath. Observe the breath as it flows in and out. Notice what you experience or any sensations that arise.

Next, count 1-2-3-4 as you breathe in, then pause for a count of 1-2, then breathe out on a count of 1-2-3-4, and then pause. Do this for four or five cycles of breath, and then notice how you feel and what you feel.

**3. Gather and release energy from and to the earth.**

Now bring your awareness to the soles of your feet and take note of any sensations you are experiencing. Note the connection your feet have with the earth. Note the support the earth provides your body. Note the immense life force that exists in the earth.

Imagine that as you breathe in on the count of 4, you are breathing in the life force from deep within the earth, up into your feet. On the pause count of 2, allow the energy to fill your feet. When you exhale on the count of 4, imagine your breath is helping you release toxins, tension, or anything that no longer serves you from your feet. Do this for two to three cycles of breath.

Shift your awareness to your calves and knees, allowing anything that no longer serves you to flow out of these areas of your body into the earth when you exhale, while absorbing the vital life force of the earth as you inhale for another two or three cycles of breath.

Continue shifting your awareness upward, doing the same with your thighs and hips, pelvis, abdomen, and so forth, as you move up your body.

**4. Connect with universal energy.**

When you are ready, imagine that the energy within you is moving through the crown of your head to the sky or heavens above.

Take a deep breath in, and as you exhale, imagine that the life force of the universe is shining down, moving into the crown of your head. With every breath that you inhale and exhale, this life force flows through your body, all the way down to the soles of your feet.

**5. Circulate the energy.**

Next, when you inhale, imagine the life force is moving up through the back of your legs, up your spine and neck, and all the way to the crown of your head.

As you exhale, the energy moves down the front of your body, all the way down to the soles of your feet.

The orbit of your breath mirrors the orbits that circulate in the universe. Circulate the energy with your breath for at least ten cycles of breath.

**6. Settle back out.**

Allow your breath to move into its natural rhythm. Observe how and what you feel.

## Track 8: Giving and Receiving Compassion (Chapter 12)

The following is a Giving and Receiving Compassion practice adapted from Chris Gerber and Kristine Neff’s work on self-compassion.

**1. Get comfortable.**

Find a comfortable position. Close your eyes and, if you like, place a hand on your heart or abdomen as a way to comfort yourself as you ground yourself in this loving experience.

**2. Connect with the breath.**

Breathe in deeply; then exhale completely. Gently bring your awareness to your breath as you breathe in and out.

Notice how your chest rises and falls as you inhale and exhale, or how your abdomen moves.

Let your breath move into its own natural rhythm. Notice any sensations you may be experiencing as you breathe in and out. Notice the rhythm of the breath. Perhaps it is like the waves of the ocean that flow in and out. In and out. Perhaps you can allow yourself to feel moved by the rhythm of the breath as if you are being gently rocked or cradled.

**3. Connect with nourishment.**

Consider that every time you breathe in, the breath nourishes you, and when you breathe out, it soothes you and helps remove that which doesn’t serve you. Every breath you breathe in is another breath that brings nourishment to your mind, body, and soul. Every time you exhale, your breath moves through you, comforting and soothing, clearing away anything that no longer serves you.

Imagine you are breathing in something nourishing or whatever it is you may need, be it love, guidance, support, acceptance, kindness, or compassion. Allow yourself to receive it as you breathe in and flow through your body as you breathe out. Every breath you breathe in delivers more nourishment and whatever it is that you need into your lungs and into the rest of your body.

As you breathe out, your whole body is just letting go of whatever it has been holding onto. Notice the ease of exhalation and letting go.

**4. Visualize connecting with another person.**

When you are ready, bring to mind someone you dearly care for or someone you know who is struggling and needs compassion. See this person clearly in your mind’s eye.

As you breathe, continue to breathe in loving kindness or whatever else you may need but this time as you exhale, intentionally direct this warmth and kindness to the other person. Breathe in compassion and love, and exhale to share ease and kindness with this person. If you’re feeling a little empty, focus on filling yourself up first, and when letting it flow out feels easy, allow it to flow out to the other person.

**5. One for me, one for you.**

When you are ready, just focus on the sensation of breathing compassion and love or anything good in and out. You may want to say to yourself, *“One for me and one for you*,*”* allowing the cycle of your breath to mirror the cycle of giving and receiving, receiving and giving; flowing in, flowing out, and flowing back in again.

You may want to create more cycles of breath with other people, a group of people, a country, or every living being, knowing that your breath is ever flowing and ever present.

**6. Let it settle in.**

When you are ready, open your eyes and allow the experience to settle in. Perhaps take a moment to reflect on the experience.

## Track 9: Exploring Expectations and Meeting Unmet Needs (Chapter 12)

**1. Settle in.**

When you are ready, find a comfortable position and close your eyes.

Take a few gentle, slow, deep breaths, and then let your breath assume a comfortable rhythm, taking note of how and what you feel after doing the writing exercise.

**2. Remember.**

Next, bring an old relationship to mind that still elicits negative feelings or emotions, especially anger or resentment, even though you may have “moved on” and the feelings or emotions do not serve you anymore.

Allow your mind to take you into the relationship, remembering the details, and let your emotions rise up through your body. Feel them without judging yourself or attempting to push any anger, resentment, or bitterness away.

**3. Strip the layers with compassion.**

Imagine that you are gently stripping the anger or resentment away so that you can see what lies underneath. Is it grief, hurt, loneliness, or fear? Examine what lies underneath your feelings with compassion and care. Notice how and what you feel, becoming aware of any sensations and images as they arise, without judgment. You may want to place a hand on your heart or somewhere on your belly as a means of comfort.

You may want to label these feelings by saying, “These are my unmet needs.”

Breathe in love and compassion and as you exhale, see if you can release the image of the other person with your breath for a moment in time.

**4. Delve in.**

Then bring your focus back to delve into your unmet needs further. Ask, “In what way did this situation trigger me to feel that I am not enough? What is it that I really need?”

Label your experience and what you uncover. You may, for instance, say, “I notice a tension in my stomach and the unmet need of being valued.”

**5. Meet the need with love and compassion.**

Decide now to lovingly meet the need yourself. You may say, “I hear you,” “I love you,” “I value you,” or whatever it is that you need. Meet the need with love and compassion.

Say these words to yourself as you breathe in love and compassion, uttering the same words you might speak to a dear friend or a child who was struggling.

**6. Settle out.**

When you are ready, place your hands on your lap and let the exercise fade so that you are now just sitting with the experience and with how you feel, being just as you are.

## Track 10: Mindfully Getting to Acceptance (Chapter 13)

Are you ready to get into a place of acceptance for change? Take these steps.

**1. Settle in.**

Assume a comfortable position and close your eyes.

**2. Mindfully connect with the breath and your feelings.**

Breathe in deeply; then exhale completely. Gently bring your awareness to your breath as you breathe in and out. Count 1-2-3 as you breathe in, and 1-2-3-4-5-6 as you breathe out. Use your breath to help you clear out tension or anything that no longer serves you. Imagine that the breath is releasing it out into the wind, ethers, down a river, or into the earth.

Observe your feelings, thoughts, or bodily sensations. You may want to start with focusing on the soles of your feet and move your way up the body. Witness your experience and anything you feel as an observer, without judgment. Notice discomfort or comfort.

**3. Mindfully connect with self-compassion.**

Acknowledge your feelings with self-compassion, treating yourself as if you were listening to a dear friend who is struggling. Remember you are human, and everything you are feeling is valid. Accept, honor, and allow whatever you are feeling or thinking to exist.

Acknowledge that your feelings and expectations may be pointing to unmet needs and honor those needs.

**4. Mindfully connect with the way of nature.**

Consider nature’s wisdom and resilience, how it doesn’t judge and how it continues to bring life forth, even after devastation. Nothing is good or bad, right or wrong. Nature takes care of its needs.

Consider how you can’t make the waves of the ocean go any faster than they do or make a flower bloom before it is ready. Everything has its time and place as nature takes care of its needs.

Consider that in nature, everything has a cycle and a rhythm and flow. Night and day co-exist, as do life and death, and earthquakes and blooming flowers in the spring. Nature takes care of its needs.

Consider that you are also part of nature, that you are able to adapt to the changes in nature, you are also resilient, that you have cycles and a rhythm and flow, and that you, too, can take care of your needs.

**5. Mindfully connect with acceptance and let go.**

Just like you can’t hold onto your breath even if you try, let go of expectations or whatever is not in your power to change right now. Give yourself permission to accept your situation as it is right now.

Perhaps you can repeat the serenity prayer: “Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Take as long as you need to sit with this experience of surrender and acceptance.

**6. Settle out.**

When you are ready, reflect on how you feel.

## Track 11: Identifying with Self-Value (Chapter 13)

The goal is for you to become more accustomed to listening to your own story of resilience. You can do so by learning to connect with your sense of self-value. The following is an exercise that guides to reflect on feelings of gratitude and on positive memories and experiences.

**1. Settle in and reflect.**

Close your eyes, take three or four deep cleansing breaths, and allow your thoughts to float out with your breath.

Bring your awareness to the soles of your feet and the connection your feet have with the earth. Observe the rest of your body, aware of the weight of your body sitting on a chair or the floor. Notice any sensations you may be experiencing.

Reflect on the breath as it moves in and out. Notice your chest rise and fall, the rhythm of the breath, and how and what you feel.

Reflect and appreciate that the breath connects you with the air and the outside world, brings nurturance into your body, and then shares a part of you with the world.

Reflect and appreciate that your breath connects you to everything and that you are a human being who breathes and lives right here, on the earth.

**2. Remember value.**

Take a moment to bring back a memory where you felt successful, lucky, fulfilled, connected, blissful, or like you were on top of the world, even if only for a moment.

Allow the details to come to mind and see yourself in that experience. Allow yourself to experience the feelings and take note of them.

**3. Journal.**

When you are ready, write about your experience, including the sensations or feelings you experienced, what made you feel such bliss, the hardship you overcame, and so forth. Write a letter to yourself or even your inner critic, noting how proud you are of your success, what you are grateful for, and perhaps how you would like to set the intention to remember these feelings and experiences in the future.

**4. Settle out.**

When you are done, fold the paper or papers and place them in an envelope that is stamped and addressed to yourself (you will mail it to yourself).

Then sit quietly for as long as you like, reflecting on how you feel and your experience.

## Track 12: Connecting to Flourishing (Chapter 14)

The following is a mindfulness practice meant to guide you to envision extending loving-kindness to yourself so that you can experience flourishing and share it.

**1. Settle in and focus on breathing.**

Find a comfortable position, preferably a quiet place, and close your eyes.

Take a moment to bring your awareness to your body as it is right now, noticing how and what you feel.

Bring your awareness to your breath. Count 1-2-3 as you inhale and 1-2-3-4-5-6 as you exhale, noticing sensations in your body all the while. Recognize that the breath enhances your life force, providing nourishment and love and helping you let go of whatever no longer serves you. Appreciate the breath, its movement, how you feel, and the life force that fills you for a few cycles of breath.

**2. Reflect and connect.**

Now reflect on what it feels like to flourish. You might think back to a time when you felt full of joy and a deep sense of contentment or well-being.

Breathe in deeply, drawing the idea of flourishing in with your breath, and exhale completely, letting it flow through your body as you exhale.

You can imagine that you are absorbing the flourishing life force from the earth and the universe at large as you inhale and letting it energize every cell of your body as you exhale.

As you breathe in, imagine you are being given everything that you need to flourish. You may want to say to yourself, “I am open to receiving everything I need to flourish; I welcome the support” as you breathe in and let the energy and loving kindness flow through your body.

**3. Imagine overflowing and sharing.**

Imagine being so full of energy and loving kindness that it is overflowing out into the world. It may seem that it or you are radiating flourishing with every breath that you exhale while taking in loving kindness as you inhale. Imagine yourself sharing your loving kindness, skills, and passions with others.

**4. Settle back out.**

Allow the images to fade and settle back in to being present with your body, noticing the weight of your body sitting or lying down, any sensations you may be experiencing, how you are feeling now, and the movement of your breath.

Take a deep cleansing breath and then let your breath assume a natural rhythm, gently bringing yourself back and opening your eyes.

Take some time to journal your thoughts and reflections. Consider then creating a list of intentions or simple action steps you can take to support your ability to flourish.