



THESE  
WILD  
HUMANS

# BURNOUT RECOVERY GUIDE

FOR HELPING PROFESSIONALS



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# WELCOME



**DEAR FRIEND,**

At the core of any successful relationship is a sense of being welcomed, safe, seen, heard, and valued. Without these feelings, it's difficult to build a lasting connection.

You may have found this guide because you feel a disconnection and you want support in returning to what is natural within you, your internal compass and true north.

As a nurturer and a caregiver, it's very likely that you have been giving this sense of safety and value to others, but not receiving it in the volume you require to stay in healthy balance.

This guide is a simple form designed to help you find space for your own journey: to unleash your instinct and transform your perspective on self, love, home, spirituality, and work.

I want you to feel like you belong to a community of autonomy and sovereignty which also helps you as an individual feel a part of something larger than yourself. I want to help you return to reflection, systems, rituals and traditions which can make you feel in control of what comes next and unified with the people and natural world around you.

This begins with understanding and respecting yourself.

**YOU ARE NOT ALONE ON THIS JOURNEY.**



*Courtney Feider*  
CREATOR/GUIDE  
THESE WILD HUMANS

# WHAT IS BURNOUT?



## **WE ARE SUFFERING.**

Burnout is relatively common, especially in high-pressure professions such as coaching, healthcare, teaching, and emergency response. According to a recent study, up to 50% of workers in helping professions are experiencing burnout. This can be attributed to the intensity of the time we live in and the fact that our globalized high tech world never "turns off".

## **COMMON SIGNS + SYMPTOMS OF BURNOUT.**

If you are experiencing burnout you may find yourself:

- Feeling exhausted or depleted with no energy for your own work
- Feeling detached and disconnected from work or personal relationships
- Having decreased effectiveness and productivity in your work
- Showing signs of increased negativity or cynicism
- Exhibiting physical symptoms such as headaches or digestive issues

## **HELPERS AREN'T HELPING THEMSELVES:**

Helping professionals may suffer from burnout differently due to the emotional toll of their work and the high level of empathy required. They may also feel pressure to constantly help others, neglecting their own needs in the process.

To heal from burnout, helping professionals can take the following critical steps:

- Take time to reflect, recognize and acknowledge their burnout
- Take a break from helping and do work which prioritizes self-care
- Seek active support from colleagues who understand, from friends, or from a professional coach or a mental health professional
- Set clear and specific boundaries and learn to say "no"
- Reevaluate priorities and goals using personal values as a foundation
- Reconnect with a greater sense of purpose, meaning and connection



# HOW DOES A "RETURN TO WILD" HELP?

## **WHAT DOES "WILD" MEAN IN TODAY'S WORLD?**

Generally, people define the word "wild" as something that is untamed, unpredictable, or unrestrained. It can also refer to something that is adventurous, daring, or exciting and filled with unexpected and thrilling experiences. Being "wild" also means being connected deeply with the natural world and patterns in the natural world, like rhythms and traditions. Tapping into this sense of "wild" will help you return to some base patterns and to reset, helping you to recover from the stress and grief of the last few years (or maybe a lot longer).

## **HOW CAN BEING WILD MAKE YOU FEEL POWERFUL?**

Being wild can make you feel powerful in a variety of ways. The feeling of liberation that comes with letting go of inhibitions and connecting with nature can be extremely empowering. Exploring connections to self, relationship, home, and work feels complete and whole and you can do it rapidly if you choose, or slowly if you need to. Your experience here is yours instead of something you are supporting in someone else. Take up space.

Exploring the outdoors and immersing yourself in unfamiliar environments can help build confidence and give you a sense of accomplishment. It can help you return to yourself. Tapping into the wild lets you take measured risks, push your limits, and face your own challenges, empowering yourself by moving through and making different choices.

Returning to a your wild can help you come home to yourself, separating what you do professionally from who you are and helping you make room for your own healing, wellness, and personal development on a daily basis.

# THE FOUR ELEMENTS OF BECOMING WILD

We believe there are four basic building blocks that are essential to developing a "W.I.L.D" perspective, actively recovering from burnout and grief, and transforming the way you think and live. We believe these are particularly important for helping professionals.

## W - WONDER

This is our sense of natural curiosity, which also allows us to operate in non-judgement. It is the concept of looking at people as if they are operating at their best and just want to be seen, heard and valued, and it is looking at situations as rich with opportunity and steeped in serendipity. WONDER allows us to maintain optimism in the face of adversity and to remember that nothing is permanent. When you are burned out and in deep grief, wonder falls to the bottom of the list of priorities.

## I - INSTINCT

Modern life has trained us to trust systems and technology over instinct. However, when we look deeply at the wisdom of our intuition, our nervous systems and our sensitive relationship with the people and environments around us are still the greatest North Star. When this element is used, it informs our objective and healthy judgement of systems and technology, weighing which of them are good for us and which are not using our INSTINCT. In burnout and grief, or when stretching yourself for others you may be operating from thinking and skill but forgetting about your instincts and your intuition.

## L - LOVE

In this case we are not addressing romance or connection with others, we are speaking about passion - the deep desire to be closer to something we believe to be connected to our life's path and our life's work. Most of us have learned to live in a society, relationship or work based on what is recommended or expected, but are not living from the innate fire, or LOVE, within us. It is time to make space to show yourself that love.

## D - DEDICATION

DEDICATION is our commitment to living in this more connected, more aware, more alive way for the rest of our lives, constantly evolving what we do with this perspective to match the place we are in, what is asked of us individually, who we choose to be in relationship with, how we make our homes, and what we choose as our commitment and DEDICATION to our passionate life's work. Parallel the dedication you offer others with dedication to yourself.

# REST YOUR NERVOUS SYSTEM

## TAKE TIME FOR DEEP REFLECTION

The biggest missing link for modern leaders is the ability to take time for reflection. Even though helping professionals often know better, it is not always as easy to practice as it is to advise. Reflection gives us space for a rested mind, for moving meditation, and to work on our emotional intelligence by practicing mindset shifts and curiosity about what is happening around us. Turn the reflection you recommend to those you help on yourself.

*Suggestion: take 10 minutes a day to write what went well, what went poorly and what you need help with. Re-read your notes over weeks and months and notice the patterns.*

## HANDWRITTEN NOTES

Writing things out by hand helps us to make a deeper connection to the thing we are writing down. It can also be very positive to write something down, contain it in an envelope, and to burn the fire or let it disintegrate in water. Putting potent thoughts in our own handwriting and changing their physical composition changes the power they have over us and reconnects us to a sense of sovereignty and control. It can also help us to contain a thought which is repeating and put it to the side for awhile if we need some time to process it. Connect with the way your handwriting demonstrates this moment in time and all of the emotion that goes with it.

*Suggestion: write out the things that are bothering you and then destroy the paper with fire or water. If you have a thought you'd like to hold for later contemplation, try writing a letter to your future self, sealing it and saving it in a safe place, and setting a date (and calendar reminder) to open it and witness your shift in mindset.*

## VOICE TO VOICE COMMUNICATION

The sound of human voice connects us and helps us identify the people who make us feel better and the people who may not be for us. Speaking voice-to-voice removes the distraction of visual cues and lets us listen for tone, timbre, and also helps us to be better listeners. Find the rhythm and beauty in your own voice.

*Suggestion: Consider recording voice memos to yourself to document what is happening in the current moment. Your mind might say "I am fine" but your voice may indicate pain, grief, strain, or stress. This is a simple measure of your state of stress and strain on a given day.*

# BURNOUT AUDIT



## HOW ARE YOU REALLY DOING?

Burnout is a state of emotional, physical, and mental exhaustion that results from prolonged stress and is characterized by a lack of energy, cynicism, and a sense of detachment from one's work. It is a common experience for helping professionals. It is important for helping professionals to audit their situation and assess where they are on the spectrum of burnout. This means taking a step back and honestly evaluating the impact it is having on their physical and mental health, and the quality of their work.

### Measure your state of burnout:

- Do you feel physically and mentally exhausted most of the time, even after getting adequate sleep?
- Are you experiencing a sense of detachment or cynicism towards your work or the people you are helping?
- Do you feel like you are working harder but accomplishing less?
- Are you experiencing physical symptoms such as headaches, stomachaches, or body aches?
- Are you neglecting your own self-care, such as eating healthy, exercising, or taking time for yourself?
- Are you struggling to concentrate or find it difficult to focus on work tasks?
- Do you feel like you are making mistakes or overlooking important details?
- Are you experiencing an increase in anxiety or depression symptoms?
- Do you find it increasingly difficult to disconnect from work, even when on vacation?

If you answered yes to several of these questions, it may be a sign that you are experiencing burnout. It is important to address these symptoms and take steps to prioritize self-care, set boundaries, and seek support from colleagues, friends, a professional coach, or a mental health professional.



## THANK YOU + AN INVITATION.

- Read more about the [BECOMING A WILD HUMAN SELF-GUIDED COURSE](#), which comes with 6 parts and can be completed in 48 hours or 6 months, depending on how you'd like to organize it around your time and best pace.
- Read more about [WILD FREEDOM ONE-TO-ONE IMMERSIVE COACHING](#), the very exclusive and personal 1:1 coaching program I offer for public figures, accomplished leaders, and successful entrepreneurs, helping them to navigate the loneliness and isolation that can accompany extraordinary achievement.
- [JOIN OUR COMMUNITY](#) and receive real time updates on FREE live conversations, Ask Me Anything sessions with our Founder, and high value articles on burnout, leadership, and the evolving world of work + life harmony.
- Follow us on [INSTAGRAM](#) and [CLUBHOUSE](#) for live conversations and Ask Me Anything sessions