

How to recover spiritual powers?

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"The most important person in your life is yourself. And it is very important to learn how to track your resource and irreval states, learn yourself to fill yourself and see what you spend your strength and where your energy goes out. "Emotional burnout

Development factors

The need to work in monotonous or intense rhythm, a large emotional load, continuous interaction with other people.

The lack of proper remuneration (not only material, but also psychological) for the work done, which makes a person think that his work is not valuable. Signs Complete a free anonymous test, a detailed level of emotional burnout.

Touch

Or mentally tick the items that your condition corresponds to distribute yourself:

Moral exhaustion

striving for loneliness;

envy;

malice;

accusation;

accounting of responsibility;

Unwillingness to do what he agreed. Mental exhaustion

increasing indifference to its duties and taking dehumanization in the form of negativism in relation to students and to colleagues;

feeling of own professional insolvency;

dissatisfaction with work;

Chronic reluctance to go to work;

disgust;

Quiliency. Physiological exhaustion

chronic fatigue;

headaches;

reduced immunity;

weakness in muscles;

violation in the work of the digestive tract;

Psychosomatic diseases (when something hurts, and there are no real causes and all tests normally).

"A bright symptom of professional burnout is frequent and long-term psychosomatic diseases." Stages Admit yourself honestly how tired of work. If you feel less enthusiasm, and every day exactly similar to the previous one, it's time to take action.

Internal fullness The state of internal fullness resembles the boiler in which the resource comes. But barows happen, then the resource merges wasted, the bowler is empty. Ask yourself questions: What fills me? What empty?

It may be a good high-quality sleep, delicious food, shopping, relaxation practices, chatting with loved ones, creativity, travel. It is not always something big and meaningful - sometimes to fill energy, it is enough to drink a cup of fragrant coffee or spend the weekend on a picnic with your family.

"It is important not only on time to fill, but also stop changing the energy of wasisted!" Examples of the drain of the resource be sure to track how the devastation occurs.

There is no inability to speak;
adjustment under other people;
Invalid priorities "Work-Holiday";
I am not the main thing in my life, there is someone or something more important;
a lot of communication with people;
a lot of routine work;
anger and irritation;
discussion of others;
condemnation of others;
accusation of others;
no sleep mode;
Anxiety, anxiety.

"When you put on the first place not yourself, and something or someone, you will inevitably be devastated. This is the fear of being an egoist, an unhealthy position that incredibly extinguishes. Sometimes you just need to tell yourself "stop!" So as not to drain energy. " Causes of draining resource

You have no clear personality boundaries. You can't say no, not to offend another person. And again you think about yourself, but about someone else.

You do not know your desires, priorities. Let's say you want to relax, but still forced to communicate with colleagues and parents - even after the working day.

You are experiencing subconscious fears. Fear offend another and automatic consent to pay the time to others instead of allocating a few minutes of rest for themselves.

Incorrectly set up the priorities "Work-Holidays".

You are not the main person in my life, there is someone or something more important.

You did not take responsibility for your fullness.

You are waiting that someone will do "well," will improve your life.

You do not hear yourself and your feelings.

"Feelings are part of me. If I run from them, I deny, I blame myself or ascend, then I deny part of myself and I hurt myself. Instead of the usual flight from feelings, start running towards them.

Feelings - your best friend who will say, though bitter, but truth. " How to fill in a resource? Plan To identify whether there is an emotional burnout (take a test).

Reveal your sources of draining energy.

Review your sources of filling.

Allocate yourself a certain time on filling (once a day, once a week, create rituals).

Stop filling your resource. Just take care of yourself and stop automatic actions - do not answer the call on the day off, do not get involved in the destructive conversation.

Try new in life. Buy a new product not from your list in the usual store, go for a weekend to an interesting place for new impressions, try to master new activities.

If necessary - take the day off or vacation. If there is no opportunity to take a vacation in the middle of the year, try to allocate yourself at least one day out of your two weekends to rest and restore mental strength.

Introduce into the daily life what fills you. The resource replenishment area you can switch between active and passive recovery techniques. They are simple and effective for most people.

Express methods

Hawaiian practice of healing negative - Hoooponopono will stay in a convenient location, relax, close your eyes (naturally, in the room you must be alone with you). Enable music for meditation or just sit in silence. Imagine a person with whom some negative emotion is connected now. It can even be yourself.

Repeat alternately, concentrating on the negative situation, the following phrases (100 times each):

I love you

I'm sorry

Forgive me

I thank you during practice will begin to leave the depressed feelings and experiences, you will feel ease and gratitude.

Breathing Make 5-10 deep breaths and exhale to the same account. For example, inhale on account 5 - a pause of 5 - exhale on 5.

Attention to sounds

Close your eyes and hear the sounds around you.

Listen to them about a minute, counting about yourself. Switch attention to another channel of perception and you will feel that restore forces. Body

Shallow legs and hands, as if throwing something from them.

Shake with all the body, dance.

Take your feet to feel your feet.

Throw the horses of the ears of 30 seconds. This practice is cheerful, it is useful to perform it if you feel drowsiness.

Relax the body (compress and squeeze your palms). Attention on subjects

Close your eyes, take a deep breath.

On the exhalation, open your eyes and look at the first 5 items. Alternately take a look at some kind of details around you. Accountlessly, just fix your attention on them.