

# COMBATING BACKDRAFT + BURNOUT THROUGH BIOMECHANICS

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# Objectives



Expand our definition of "self care" to optimize our health and career satisfaction. Enhance our understanding of the mind/body relationship to increase predictability and control in the clinical field.

## OUR MANTRA

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I care about this suffering. May I be free of this suffering.

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## *Today's Agenda*

1 Intro to Burnout and Backdraft

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2 Reconstructing Self-Care

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3 Take-Home Practice Review

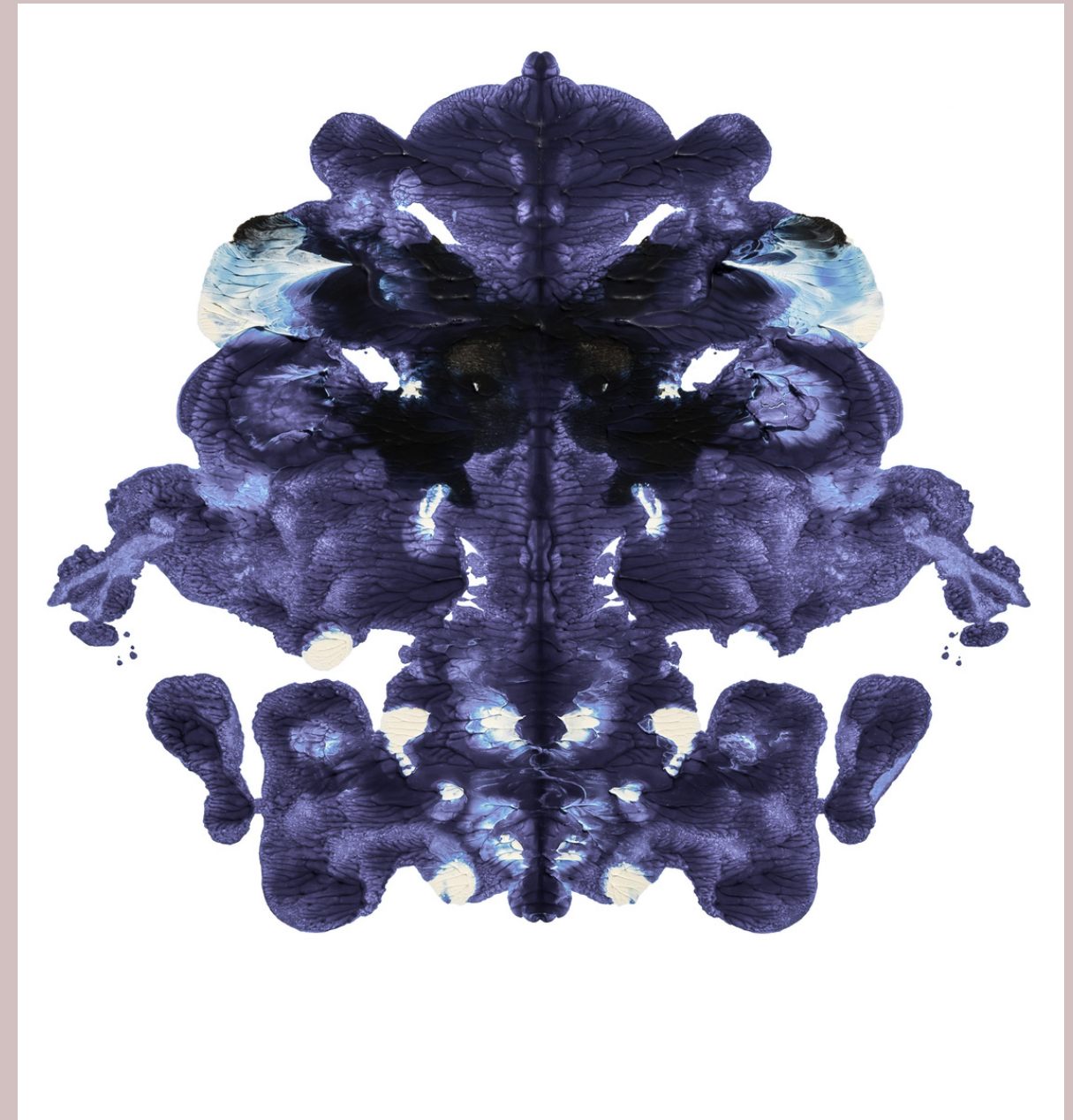
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4 Q & A

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5 Thank you!

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# Burnout Self-Test

Go ahead and take a few minutes to  
complete the Burnout Self-Test





# *Poll*



## QUESTION

How many of you are below 32 (low to no burnout)?

## QUESTION

How many of you are 33-60 (at risk for burnout)?

## QUESTION

How many of you are 60 + (HIGH risk burnout)?

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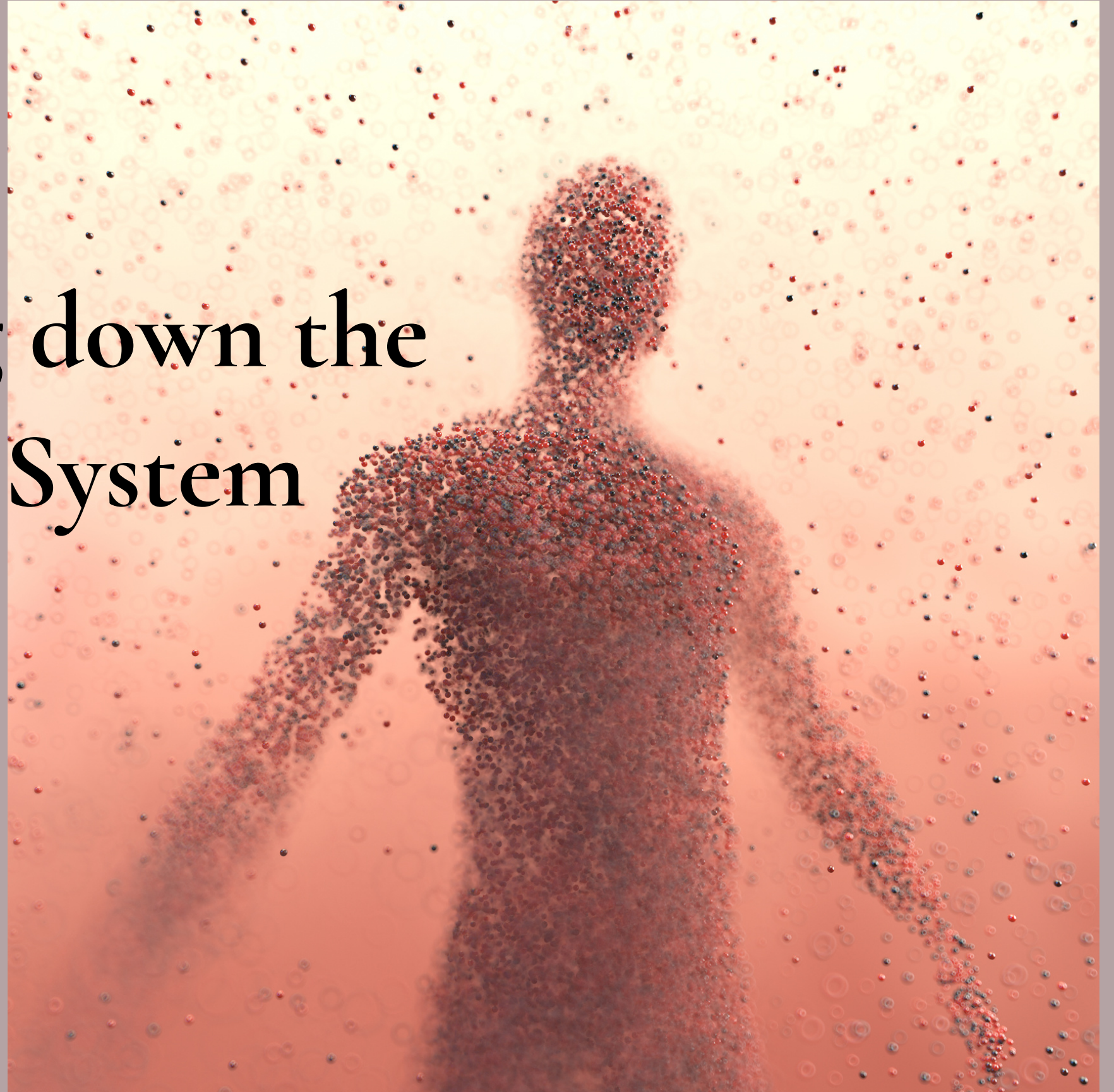
# Intro to STRESS





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# Breaking down the Nervous System





# Coping means DOing something.



Stress is both a psychological state and a physiological experience. Chronic stress is a fixed pattern. The more stress you have the more your body needs to move to keep your brain running smoothly.

## BACKDRAFT

When fire is deprived of oxygen it will explode when fresh air is introduced

## BURNOUT

The extinction of motivation or incentive due to exhaustion, cynicism and physical inability



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# Intro to BIOMECHANICS

Biomechanics is the study of the structure, function and motion of mechanical aspects of biological systems.





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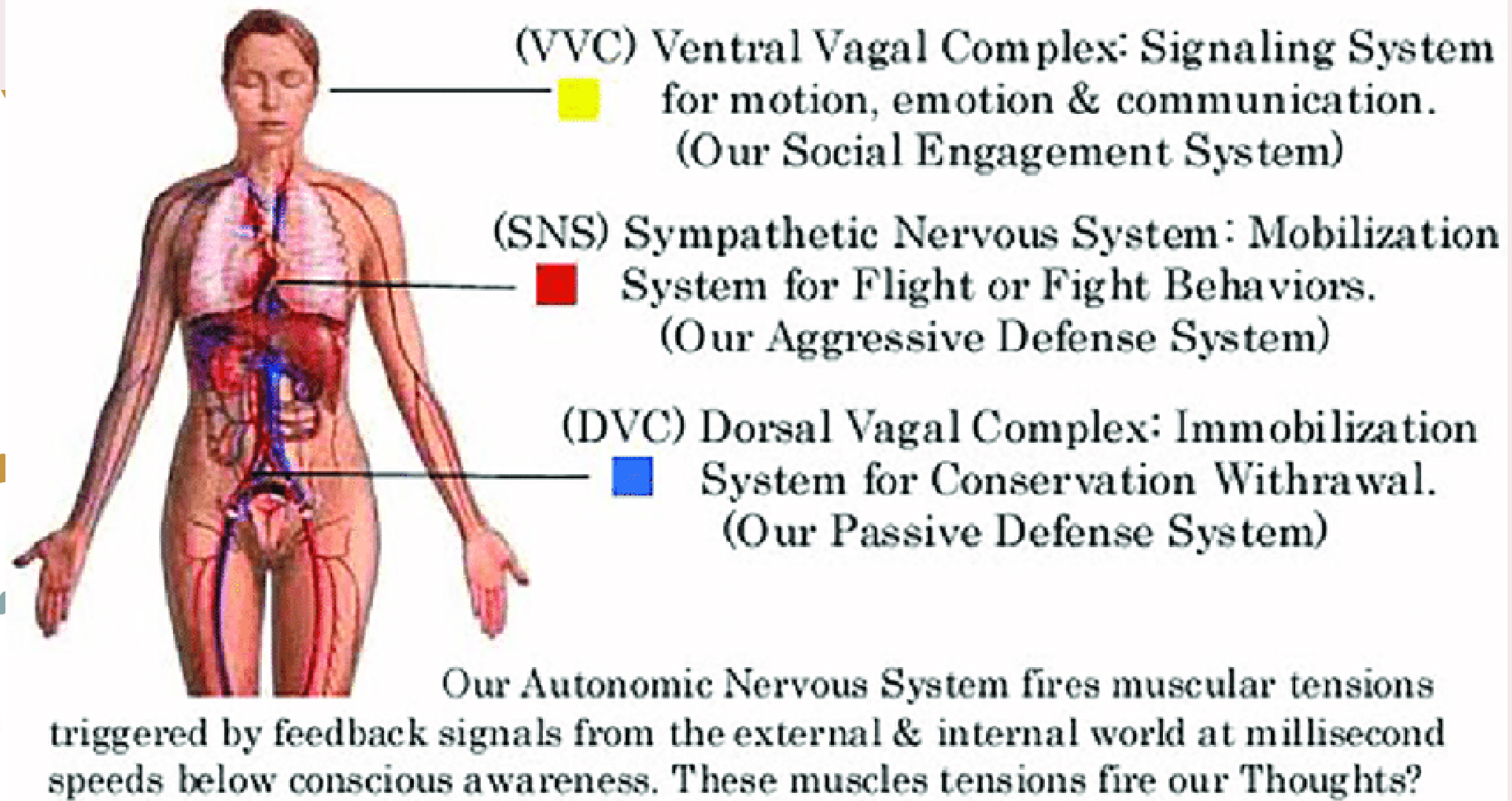
## Cognitive Energy

COGNITIVE ENERGY IS  
AN ELECTRIC CURRENT  
TRANSMITTED FROM  
BRAIN TO BODY  
THROUGH THE NERVES.  
WE COMPROMISE THE  
CURRENT'S  
CONNECTIVITY  
THROUGH RESISTANCE,  
OVERCOMPENSATION  
AND STAGNANCY.



# Vagus Nerve

THE LONGEST CRANIAL NERVE FROM BRAINSTEM TO ORGANS. IT REGULATES ALL THE INVOLUNTARY ACTIONS OF THE BODY INCLUDING BREATHING AND DIGESTION.

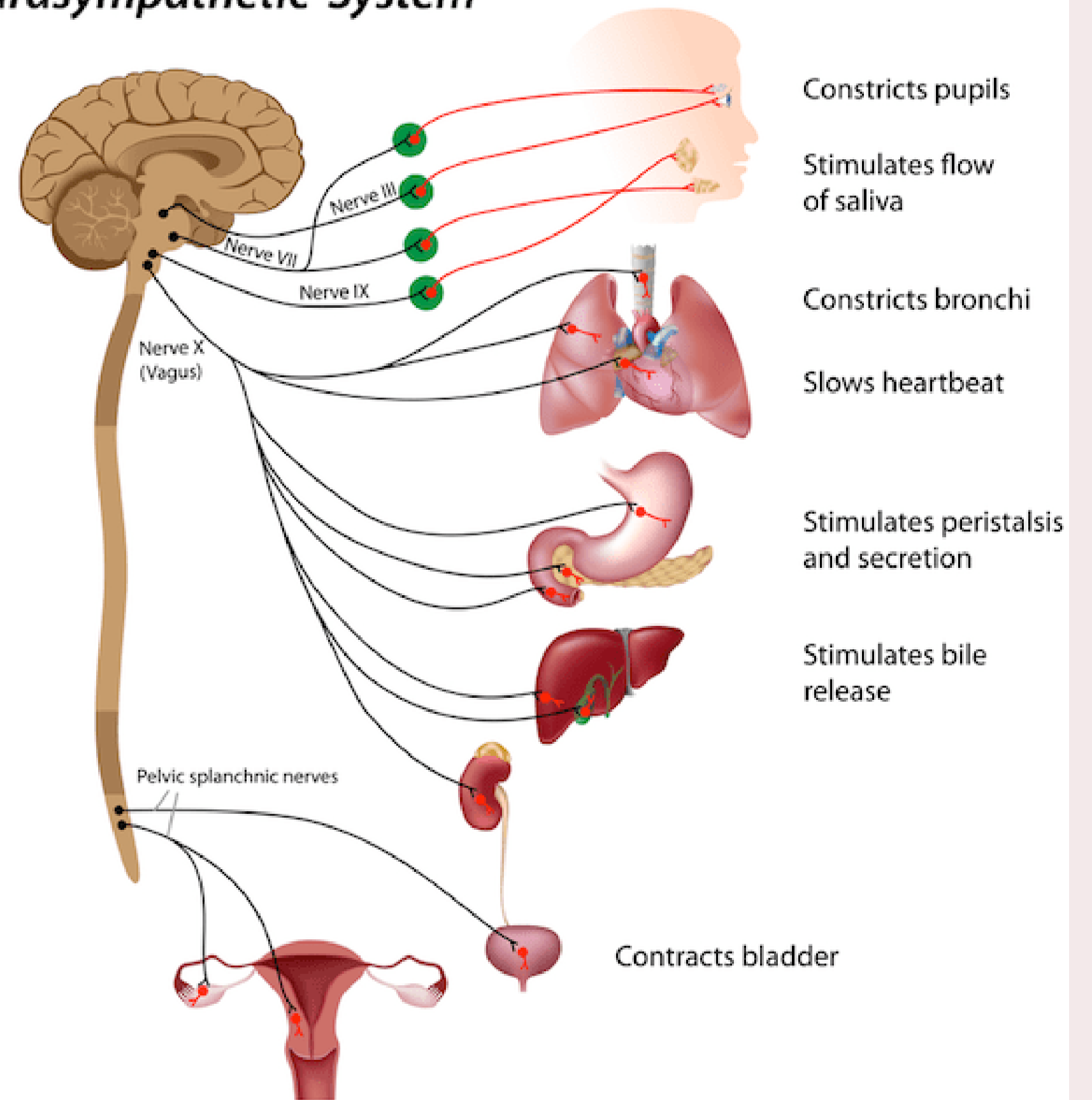




# VAGUS MEANS "WANDERING" IN LATIN

Good vagal tone depends on breath and heart rate variability

## Parasympathetic System





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Breath

THE DIAPHRAGM TO  
THE ABDOMEN IS LIKE  
THE SKY TO THE EARTH

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Let's try  
something!



STRETCH BREAK



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## Microbiota

THE BRAIN AND THE BODY COMMUNICATE THROUGH VAGAL NERVE ENDINGS IN THE GUT. THIS BIODIRECTIONAL COMMUNICATION INVOLVES THE NERVOUS, NEUROENDOCRINE AND IMMUNE SYSTEMS.

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# Body Temperature

BODY TEMPERATURE,  
COLD OR HOT,  
DEMANDS ATTENTION  
FROM THE BRAIN. THIS  
FOCUS DIRECTLY  
IMPACTS MOOD  
REGULATION.



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## BDNF

"BRAIN DERIVED NEUROTROPHIC FACTOR" PROVIDES INSTRUCTIONS FOR MAKING A PROTEIN AND PROMOTES GROWTH AND MATURATION OF NERVE CELLS INCREASING THE CHANCES OF "SURVIVAL". BDNF IS FERTILIZER FOR NEURONS.



Antioxidant rich foods, exercise and quality sleep all promote and maintain production of BDNF.





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A combination of aerobic and skill based activity challenges the brain and improves system efficiency



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## SLEEP

SLEEP REGULATES 40% OF OUR GENES AND ORCHESTRATES MOVEMENT IN THE BODY RELATED TO EATING, BODY TEMPERATURE, BLOOD PRESSURE, HORMONE PRODUCTION AND MORE. EVERY CELL IN THE BODY CONTAINS ITS OWN CIRCADIAN CLOCK.



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## ANP

ATRIAL NATRIURETIC PEPTIDE IS A HORMONE SECRETED FROM THE CARDIAC ATRIA. IT'S LIKE A BRAKE PEDAL FOR PANIC ATTACKS BECAUSE IT LOWERS BLOOD PRESSURE AND CONTROLS ELECTROLYTE LEVELS.

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## Sensory Processing

SENSORY INTEGRATION  
IS THE EFFECTIVE  
REGISTRATION AND  
ACCURATE  
INTERPRETATION OF  
SENSORY INPUT.

CHRONIC STRESS CAN  
CAUSE OVER OR  
UNDER SENSITIVITY.

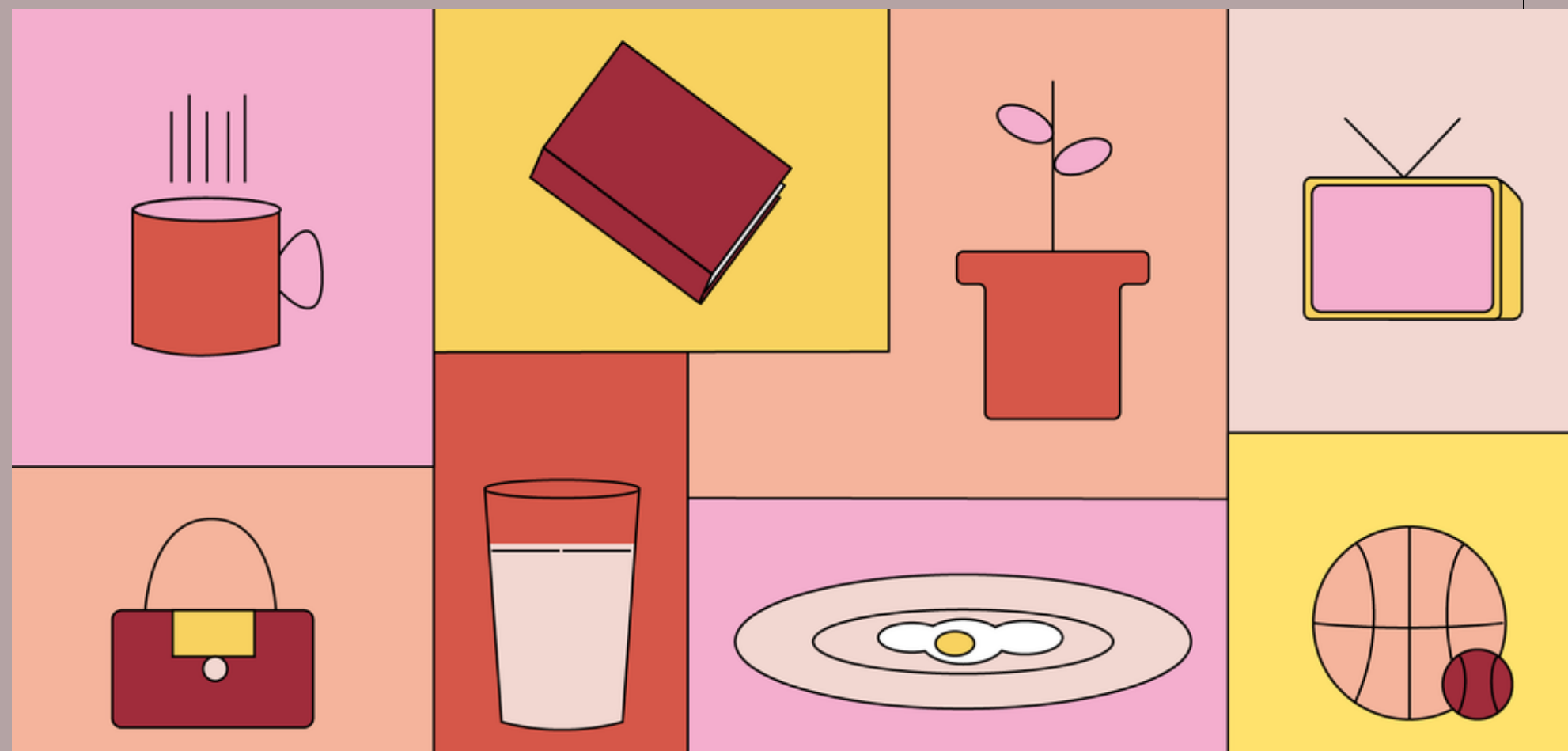
OUR CULTURE  
OVEREMPHASIZES  
VISUAL PERCEPTION  
COMPROMISING  
ATTUNEMENT TO  
OTHER KINETIC  
SYSTEMS.





## SELF-CARE BETTER

Now that you have a better understanding of the biomechanics of stress and burnout, you can redefine SELF-CARE for yourself and your clients. Look beneath the skin and tap into your whole being health, most of which you cannot actually see.



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# RECONSTRUCTING *Self-Care*

Volume matters more than  
intensity. Care about your own  
suffering.

# Let's Chat!



QUESTION

What is the smallest next step you could take to improve your SELF-CARE?

QUESTION

What is the most important tool you've learned from this presentation?

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# Practice at Home

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## USE MOTOR IMAGERY

See yourself executing the movements and actions of self-care

## SAY "NO" MORE OFTEN

Set appropriate boundaries and protect yourself

## LIMIT ALCOHOL

Make alcohol the exception in your life not the standard

## EXERCISE IS ESSENTIAL:

Adult recess 4 X day

## BREATHE MORE EFFICIENTLY

5 full rotations of breath daily

## FIND THE RYTHM WITHIN YOURSELF

Use a metronome. Clap, breathe, jump, march to the beat

## MONOTASK

Walk, drive, sit, garden, fold laundry WITHOUT any other noise or activity to distract you

## TURN OVER INTRUSIVE THOUGHTS

Use Positive Psychology to change your narrative



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Questions?

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