

# EXHAUSTION



## Holistic Intervention



# Exhaustion

Let's talk about being exhausted. These days we are finding that so many people are exhausted on so many levels.

**If you're exhausted, ask yourself, is it mental or is it physical?**

You see there's different levels and different facets of exhaustion. If you're physically exhausted, you may have run a marathon (and well done to you if you did) but you may also be a plumber or an electrician, or someone who works physically hard, so by the time you get home in the evening you are very tired.



That's a **physical exhaustion** where your body needs replenishing and it needs a rest.

Then there is also **mental exhaustion**. These are people that are lawyers, accountants, book keepers, surgeons, etc. who use their brain constantly. It is all mental work. So there's mental exhaustion too.

It is where you have had to use a terrific amount of thought power for an extended period of time and it makes you very tired. So you are not physically exhausted but you're mentally exhausted.

**These 2 different types of exhaustion do present in the body in different ways.**



Then there is also **emotional exhaustion**.  
Some people will find that it comes under the  
category of chronic fatigue.

Some people will find that they have a chronic  
illness that is creating a chronic exhaustion for  
them, an ongoing emotional exhaustion.

You may be going through a divorce or grief.  
You may be a new mother and you are  
emotionally exhausted.

**The really important thing to realise is that  
there are so many facets to yourself.**

**There are so many levels of you that make  
the one, that make the whole you.**



If there are one of these areas that is exhausted, it will actually roll into all the other areas of your life.

So if you are emotionally exhausted, you will find it very hard to give of yourself in a relationship.

You will find it very hard, maybe, to even feel that you have got everything in your life that you want.

You may find that you don't have enough money or you may **feel** that you don't have enough money.

Would you believe this is all relevant to your emotional exhaustion?



So each one of these types of exhaustion have got different things that you can do to restore your energy to lift you and take you back to being the vibrant person that you were born to be.

**If you are physically exhausted,** hydrate your body, stretch your body and allow it to rest. Allow a stretch to ignite the pathways of blood flow through the body and then release it and rest.

**Having a beer in front of the TV is not really the way to go for clearing any kind of exhaustion but many people use this as a tool and it causes more exhaustion.**



The body responds to movement more than anything else and rest can actually be a movement.

**If you are mentally exhausted**, you need to go into a breathing space. You need some time to rest your mind. So contemplation, daydreaming, meditation are the things for you if you are mentally exhausted.

**If you are emotionally exhausted**, this in a lot of ways, is the tougher one because emotional exhaustion affects you on every level.

For emotional exhaustion get a journal , (it may sound silly) but have that journal with you all the time.



Get your thoughts and feelings out of your head and body and onto the paper. This will enable your mind to rest knowing you can come back to these thoughts whenever you choose to.

**Make a pledge to yourself to look after yourself. Hydrate yourself and make sure you take in some good nutrition.**



**This Ebook is a collaboration between Gwenda M Smith, Founder of Holistic Intervention & Global Healing Exchange**

