

Ways out of sadness

A series of Dr. Alexander Bernhaut

High work load, time pressure, little free time for oneself, family and friends, physical inactivity, and an unhealthy lifestyle – these are the “ingredients” for the feared Burn-out-syndrome, a condition of absolute fatigue which you can not escape without professional help. The nasty thing about being burnt out is the fact that you slip into it slowly. The persons concerned do not recognize this for a long time until it is too late. The vicious circle closes up by the sentence: “I can’t go on any longer.”

This of course implicates that it would be vital to check which “energy reserves” are still available. And then dealing with the own possibilities responsibly. Independence also means self-protection. If someone puts too many demands on him-/herself basically acts irresponsibly.

I am totally done!

More and more people suffer from the feared Burn-out-syndrome

People forget their own limits...

Sometimes this condition of fatigue is experienced positively: When there is a new challenge coming up (e.g. in professional life), people feel totally motivated and often forget their own limits. The additional work rapidly becomes a pressure to do well. The growing commitment leads to a neglect of the own requirements. The desire for recreation, sociability and rest is suppressed.

A first alarm signal is a sleep disorder. But recreational sleep is one of the most important “suppliers” of energy. This is how we can recharge our batteries. A lack of sleep leads to day-tiredness, concentration disorders and deterioration of performance.

The longer people continue this way the more ailments appear. Aggressive behavior against the environment (especially men tend to this), increased consumption of cigarettes, alcohol abuse, finally sluggishness and depressive mood. Panic attacks and vegetative problems concerning heart, stomach or digestion can appear too.

The best recipe is and remains prevention:

- Take enough time for yourself, your family and friends.
- Avoid stress by exactly planning your activities.
- Take enough time for recreation – vacation, weekends...
- Do not be reachable all the time!
- Take warning signals like increased mood swings seriously!
- Homeopathic medicine can support other measures reasonably.

If there has already appeared a Burn-out-syndrome one should immediately contact a specialist. It is crucial that the patient then talks openly to family members and to the specialist who will develop a reasonable combination of medicinally and non-medicinally strategies. It is necessary to temporarily apply pharmaceuticals to deal with the psychic amendment. As they start taking hold after one or two weeks, other pharmaceuticals are also applied to eliminate symptoms like anxiety, restlessness and increased irritability – so-called tranquillizers.

That is the best preparation for a psychotherapeutic treatment which aim it is to get a better approach to its own life in the future... especially to bolster for the accomplishment of given tasks... and not getting into that vicious circle again!

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