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💬 *A beautiful guide to recovery which we all need now.*

—Mark Hyman, MD

Bestselling author, Senior Advisor at Cleveland Clinic Center for Functional Medicine and host of The Doctor's Farmacy.

💬 *Neha not only knows the symptoms,*

but she has also risen to the challenge of dealing with one of burnout's most intimate causes: the inability of so many of us to recognize what is happening to us and to take charge of ourselves. Step by step, she helps us to become aware of the hallmarks of burnout—physical and emotional exhaustion, depression and anger, cynicism and indifference—and she shows us how to regard these challenges as opportunities to recognize, embrace, and grow through and beyond."

—James S. Gordon, MD

Founder and CEO of The Center for Mind-Body Medicine and author of Transforming Trauma: The Path to Hope and Healing

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It's time to address and heal the Burnout Pandemic.

Every day, more people are sliding down the slippery slope of burnout. But burnout is not merely a case of working too hard or feeling physically exhausted for an extended period of time, and it isn't a personal failure. According to physician and executive coach Dr. Neha Sangwan, burnout is due to prolonged stress and an ongoing net drain of energy on one or more of five levels: physical, mental, emotional, social, and spiritual. When you are burned out, your productivity suffers, your health declines, and you are more reactive in your relationships. Your capacity to navigate challenging emotions, address conflict and draw healthy boundaries diminishes.

In her early thirties, juggling 18 critically ill patients per day and barely surviving 36-hour shifts fueled by sugar and caffeine, Dr. Sangwan's wellbeing was ravaged and she suffered severe burnout.

While on medical leave, Dr. Sangwan used the time to interrogate the complex set of circumstances that led her down the path of burnout. She studied the unique relationship between mind, body, and spirit and developed a holistic system for effectively addressing the root causes of burnout. Rather than being defeated by it, she transformed her pain into purpose and created a Self-Care in Healthcare program to heal herself and her colleagues. Realizing that burnout was by no means limited to the medical profession, she started applying her knowledge across industries. She has dedicated the last two decades to addressing the global epidemic of burnout and created a comprehensive, customized toolkit to scale healing.

Contrary to popular belief, burnout is not a liability; it is a wake-up call. To reverse it, you need a different kind of prescription – one that addresses the root causes. When you understand how to identify and

heal burnout, you have the power to reduce your stress and reconnect to yourself, your colleagues, your community, and the meaning of your work in a new and refreshing way.

Combining scientific data, clinical examples, and personal stories, *Powered by Me* provides practical tools to restore physical, mental, emotional, social, and spiritual energy. Dr. Sangwan reveals how to:

- Decipher your body's unique language in order to pick up clues early.
- Overcome mind traps that drain you of energy and keep you stuck.
- Navigate challenging emotions in order to respond rather than react.
- Draw healthy boundaries that honor your priorities and strengthen your relationships.
- Leverage your highest values and purpose to make quick and effective decisions.

Dr. Sangwan uncovers the root causes of burnout: the disconnection between the physical, mental, emotional, social and spiritual aspects of your life. When those are out of alignment, it's easy to lose your sense of purpose, wind up stressed out and overwhelmed. In *Powered by Me*, Dr. Sangwan provides a scientifically sound alternative to stress: a customized path to personal power from the inside-out.

Neha Sangwan, MD

CEO and founder of Intuitive Intelligence



Neha Sangwan

is an internal medicine physician, international speaker, executive coach and corporate communication expert. Her private practice and corporate consulting focuses on empowering individuals, organizational leaders, and their teams with the tools for clear, effective communication. She addresses the root causes of stress, miscommunication and interpersonal conflict, often healing chronic conditions such as headaches, insomnia, anxiety, depression, and burnout.

She consults with organizations such as the American Heart Association, American Express, Apple, Kaiser Permanente, and Google, and has shared her journey on the stages of TEDx Berkeley, TEDx San Luis Obispo, and TEDx Babson. She is the author of *TalkRx: Five Steps to Honest Conversations that Create Connection, Health and Happiness*.



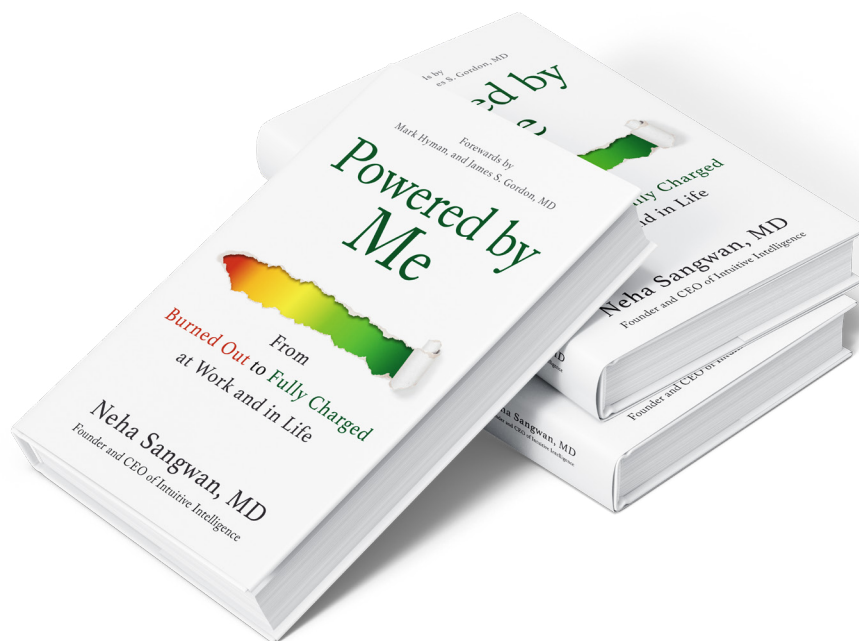
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BOOK DETAILS

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The Burnout Epidemic and it's Consequences

1

High Prevalence

As of 2019, the [World Health Organization \(WHO\)](#) officially recognized burnout as an occupational phenomenon. It estimates that over 75% of professionals worldwide experience burnout at some point in their careers.

2

Mental Health Impact

Burnout can have severe effects on mental health. [A study published in the Journal of Occupational and Environmental Medicine](#) found that individuals with burnout are at a significantly higher risk of developing mental health disorders such as depression, anxiety, and substance abuse.

3

Financial Implications

Burnout has a massive economic impact. [The American Institute of Stress](#) estimates that workplace stress and burnout cost U.S. businesses around \$300 billion annually due to absenteeism, reduced productivity, and healthcare costs.

4

Healthcare Professionals

Burnout is particularly prevalent in healthcare professions. [A survey published in the Annals of Internal Medicine](#) found that nearly half of all U.S. physicians experience symptoms of burnout. The consequences can be severe, leading to medical errors, reduced quality of care, and increased patient dissatisfaction.

5

Impact on Productivity

Burnout can significantly hamper productivity. [A study by Gallup](#) found that burned-out employees are 63% more likely to take a sick day and 2.6 times more likely to actively seek a new job.

6

Relationship Strain

Burnout doesn't just affect individuals; it can also impact their personal relationships. [A study published in the International Journal of Environmental Research and Public Health](#) revealed that individuals experiencing burnout were more likely to report personal conflicts and difficulties in maintaining a healthy work-life balance.

7

Impact on Millennials

Younger generations, such as millennials, are particularly vulnerable to burnout. [A survey by the American Psychological Association](#) found that GenZ and millennials experience the highest levels of stress and burnout compared to other age groups.

8

Long-Lasting Effects

Burnout can have long-term consequences. [A study conducted by the National Institute for Occupational Safety and Health \(NIOSH\)](#) found that burnout is associated with an increased risk of cardiovascular disease, musculoskeletal pain, and even premature death.

Interview Neha, where she will:

- Identify burnout and the steps that produce massive gains in energy and productivity
- Show unexpected health connections between physical symptoms and thoughts, emotions, relationships and values
- Reveal how organizations and individuals can address the five levels of energy to heal burnout.

Sample interview questions:

- What is burnout?
- How does burnout affect us?
- How has the stigma around burnout changed in the past two decades?
- What are the primary causes of burnout?
- What is the connection between relationships and our physical health?
- What are the healthy habits that really make a difference in preventing burnout? Why?
- Many people think sleep is a waste of time. What value does it provide?
- What strategies can you implement to get better sleep?
- Emotions can be draining. Do they play a role in our physical health?
- Do the people we surround ourselves with impact our health or burnout?
- At work, giving and receiving feedback is a huge part of professional growth. How can we be better at that?
- How can we achieve fulfillment at work? And at home?
- What is the relationship between boundaries and burnout? What kind of boundaries can help prevent or heal burnout?
- What are the long-term consequences of avoiding or mismanaging conflict?
- In your book, you talk about the relationship between spiritual energy and burnout. What does that mean?
- How can we start healing from burnout today?
- How do we prevent burnout?
- What if you are concerned about someone else that you love or lead burning out? What should you do?

Neha will be happy to answer these and any other questions in a video chat with your group. If you're interested in scheduling a time for your group to meet with Neha, please contact

concierge@intuitiveintell.com

Reading guide:

- What was your biggest takeaway from reading *Powered By Me*?
- Was there a specific passage that left a strong impression, good or bad? Discuss the passage and its effect.
- *Powered By Me* made the case that there are consequences for our hyperfocus on productivity and efficiency, most importantly, the enormous toll it takes on the personal health and wellbeing of millions who are heading toward burnout or already burned out. How did the book make you more aware and knowledgeable about your risk of burning out?
- Which tools did you find most surprising, intriguing, or applicable to your own work, business or life?
- How can you use the five levels – physical, mental, emotional, social, or spiritual – to identify where you are at risk for burnout?
- Once you identify your biggest energy drains, which practical tools would enable you to expand your awareness, transform your mindset, communicate with integrity, and align your decision-making with what matters most?
- What changes are you going to make in your life and business now that you have read this book? Do those changes inspire you or frighten you? Why?
- Was *Powered By Me* written in a way that was easily accessible? Were unfamiliar terms and concepts explained? Were there plenty of details to reinforce the subject matter and were they helpful?
- What was missing from *Powered By Me*? What unanswered questions did the book leave you with?
- Which people or organizations can you think of that could benefit from this book?
- If you got the chance to ask the author one question, what would it be?

Why Boundaries Matter

In this age of faster is better, “boundaries” can seem like a swear word. You might be thinking, *Setting limits at work or at home? That’s not realistic. My life is changing constantly. I just have to do what needs to be done. Period.*

A lot of the time, burnout is about boundaries (or lack thereof). You might be wondering where intentional boundary-setting might be most valuable to you. The answer is *wherever you’re losing energy.*

It’s a proven fact that humans physiologically influence one another, radiating an electromagnetic field (that can actually be measured!) that extends at least a few feet around us. When you say, “I picked up on his vibe,” or “You’re in my space,” it’s because you are being impacted by someone’s electromagnetic field. Depending on the frequency of the field, it can feel synergistic to your own . . . or you may feel discord. And the way you navigate the intersection of your and other people’s energy is through boundaries.

Healthy, balanced boundaries are an important part of holding personal and interpersonal integrity. They provide structure. Nature knows this well. In fact, each human cell has its own clear boundary. If you recall from high school biology, each cell membrane is composed of a phospholipid bilayer that ensures the *good stuff gets in and the bad stuff stays out.* This structured but flexible boundary allows each cell to take in what will help it function optimally while simultaneously releasing what it no longer needs.

Problems arise when boundaries are drawn too tightly (rigid) or too loosely (porous). Recognizing your boundary-drawing tendencies will not only help you gain clarity on what you want and need, but also strengthen your relationships and save you time and emotional disappointment. Be assured that you can learn to draw the right level of boundaries for you.

Too Rigid

If your boundaries are too rigid, it’s probably for good reason. This type of boundary may have been modeled by caretakers and family members in an effort to avoid vulnerability and maintain control. There are many explanations—conscious or subconscious—from not knowing how to handle strong emotions and coping with uncertainty to biologically protecting oneself in response to past or ongoing traumatic experiences.

Rigid boundaries can show up as physically distancing oneself, mental justifications for disengaging, or building emotional walls for self-protection. This is a natural human response to avoid pain and has helped people survive unimaginable circumstances. But long term, that level of self-protection may result in feelings of disconnection, isolation, and loneliness—blocking out love, connection, affection, humor, and soulful emotional exchanges.

How do you know if your boundaries are too rigid? You may feel isolated and lonely. Rigid boundaries protect you well and don’t allow other people to cause you pain, but

they also don’t allow for connection, affection, or intimacy. A good clue that this is happening to you is if you find yourself overreacting and guarding yourself when someone wants to form a personal connection with you.

Ask yourself:

- Do any of the boundary dilemma examples above resonate?
- What are those boundaries protecting you from?
- What might happen if you loosened them?

Too Porous

You may not have strong enough boundaries for a number of reasons. You may have had role models with loose boundaries. You may believe that the way to keep people in your life is by doing whatever is asked of you. You may be afraid of conflict and not want to lose something precious (e.g., a job, relationship, community, opportunity, or sense of belonging). Or your past experiences of drawing boundaries were painful or devastating, so you’re not willing to make that mistake again.

How do you know if your boundaries are too porous? You may become easily overwhelmed. Loose boundaries allow other people’s experiences to blur with your own, buckling you into an emotional roller coaster. A good clue that this is happening is if as your external environment changes, your mood fluctuates.

Ask yourself:

- Do any of the boundary dilemma examples above resonate?
- What are those boundaries protecting you from?
- What might happen if you loosened them?

Just Right

If you have healthy boundaries that are neither too weak nor too strong (the Goldilocks zone), you can prevent energy drains while accumulating energy gains. If you have a clear structure defined by what you value most, you can simultaneously be fluid and flexible to adjust amidst changing situations. With these boundaries, you will feel grounded, no matter what environment you’re in. You know who you are and what you value. And you trust that you will speak up if you need to.

Healthy boundaries create safety and support; they often help an individual or group feel protected. These preferences, limits, or hard lines are important to speak out loud, rather than assuming people already know them. Boundaries may seem selfish at first, but in fact, they help you care for yourself so that you can consistently be there for others. Intact boundaries reflect self-awareness. Knowing and articulating specifically what you need is an important first step. This allows you to perform at your highest capacity without burning out. Healthy boundaries serve as a bridge in relationships. They allow you to effectively communicate to others what does and doesn’t work for you. If you aren’t clear about what you need or want, you’ll likely discover your boundaries *only after someone has crossed them.* Knowing and setting boundaries takes courage.