



Resource Book for Overcoming Burnout & Stress:

Your guide to

overcome burnout, have work-life balance and more time, passion & energy to create a life you love and desire, without sacrificing your health, relationships & career, even if you've tried other approaches without lasting success.

Melanie Roxas, RN, HWNC, HNB-BC





Welcome!

Congrats on taking the next step on your journey to creating the life you desire, overcoming burnout & stress and for making this investment in YOU! Wherever you're at on your journey, I see you.

Whether you're desiring:

- How to have work-life balance, abundant renewed energy, even if you've been feeling depleted & nothing you've tried has worked
- How to regain a new way of being as calm, peaceful, grounded even if you've been struggling with loads of stress, overwhelm, feeling on "edge," or always "on" unable to switch it off after work
- How to have satisfaction, meaning & fun in your life and work and not just live for the weekends

Does this sound like you?:

- Do you worry that you don't know how much longer you can keep on like this, barely holding on, before your body gives in and hits its' breaking point?
- Do you wake up feeling exhausted, like no amount of sleep ever is enough?
- Do you wake up dreading work, thinking about taking a leave or walking away from it all, feeling like there's no way out?
- Do you feel like you're drowning in to-do's, trying to keep your head above water? feeling like you have NO life, working way too many hours, harder than you should?

Wherever you are, I see you. You are not alone. Whether you're a busy mom, high-achieving female professional or business owner where you've been struggling with chronic unmitigated stress for years, or you've just been recently feeling overwhelm, if any of those sound like you, then, this guidebook is for you. **So many people are silently struggling, confused, frustrated, fed up, near their breaking point. I know, because I was there, even at the peak of my career and came out of it. It's on my heart to share because, I love empowering women to reclaim & illuminate their inner truth and power.**

My name is Melanie Roxas, I'm a Health & Wellness Holistic Life Mastery Nurse Coach, I've mentored and helped clients over the past 10 years with complex issues involving stress, anxiety, overwhelm, exhaustion, burnout and trauma so they achieve work life balance, restored health, energy and passion to create a life the love & desire with a holistic & spiritual psychology approach that addresses underlying core issues for lasting or effectively overcoming symptoms of burnout.

Free Facebook group, called: "Breakthrough Burnout & Stress, Women's Holistic Wellness Spiritual Community" with daily value and success strategies on overcoming burnout & managing stress.



I can help guide you step-by-step to overcome burnout, with my online coaching program, Coming Back Home to Self, giving you the tools, support, techniques and knowledge to have a breakthrough in your burnout & have a meaningful life and to create the life you desire without sacrificing your health, relationships and finances.

If you are a high-achieving female professional experiencing burnout, exhaustion, overwhelm right now and ready to overcome it, you've tried many things that don't work or last, this is for you!

I do this because **I love giving back, and helping female professionals achieve their goals.**

It's on my heart to help and to serve because, I want to help save you the time, money, energy, pain & suffering you barely have wasted on things that haven't worked and help you right now to recover from and overcome the burnout you're in to have balance in your life again and renewed passion, excitement and energy to create the life you desire.

So, click on the link below to book a breakthrough session, <https://melanieilluminant.com/apply> and get on a call with me to get started. On the breakthrough session call, I will work with you to craft a step-by-step game plan to overcome burnout AND to have work-life balance, restored energy, better health and renewed passion to create the life you desire.

The rest of your life, can be the very best of your life. Bet on yourself and just decide, not one day, but day one!

Love, light & blessings,

Melanie XO



The Emergency Toolkit for Stress

(8 easy & quick techniques for Stress Relief):

1. Get up & move:

- a. movement and exercise has many benefits for mood and brain and mental health. when you walk, jog or just get up and move, you stimulate allow your blood vessels to dilate which can help release restriction or tension, stress you may be experiencing

2. Produce saliva in your mouth:

- a. this stimulates the parasympathetic nervous system, rest/digest response, tricks your body in a sense to relax

3. Create a container in your body to feel safe, calm & soothe yourself:

- a. placing one hand on your belly and the other hand on your heart
- b. placing one hand on your cheek and the other hand on your heart
- c. playing your right hand on your underarm area and left hand below the shoulder bone/upper arm area
- d. these hand placement variations create a felt sense of a container, helping to create and feel the boundary between you and a situation or outside, helping to create safety in your mind and body

4. Hands on belly technique:

- a. placing both hands on your belly can be soothing, relaxing, grounding

5. _____ your first name, followed by let go (i.e. Melanie, let go):

- a. reciting your first name, followed by let go, for a minute or so, can help relieve some overwhelm and stress around a situation you may be dealing with

The Emergency Toolkit for Stress

(8 easy & quick techniques for Stress Relief):

6. 4:8 breathing technique:

- a. inhaling for 4 seconds and exhaling for 8 seconds, for a few minutes. As you inhale, breath into your belly, expanding your belly as you inhale and exhaling through pursed lips, like you're blowing out birthday candles. This breath technique, or any type of breathing that allows you to exhale more than you inhale (singing, chanting, humming, playing a wind instrument, etc.) helps to strengthen the vagal nerves' tone, which literally sets the tone for how quickly we can respond to and recover from stress, our resilience to stress and helps us relax

7. Tap into your 5 senses:

What do you feel?

What do you see?

What do you hear?

What do you smell?

What do you taste?

8. Name the feelings:

- a. name the feelings you're experiencing, give it a silly name. When you name and identify the feeling, thought or emotion you're feeling, it allows you to create some distance, awareness, separation between that feeling/thought/emotion and reminds you that you are the neutral curious observer, not judging it but just observing, and reminds you that you are not that emotion. This can allow for a lessening in the felt intensity, attachment or overwhelm to it

Bonus Stress technique: connect-to-self, building awareness & welcoming everything:

Refer to the [connect-with-self 11-minute meditation resource](#)

A Sample of My Daily Routine:

5:00am-5:30am:

- Wake up, make my bed
- lemon juice water, greens powder and gut health drink
- Light incense & sage
- Recite a morning prayer (such as, "Uplifting Prayers to light your way" By Sonia Choquette)
- Verbally express/write gratitude/appreciation
- Morning meditation (such as, Mooji on Youtube)
- Chakra Clearing meditation (such as, Ivory Lanoue on Youtube)
- Morning/awakening Breathwork (such as, Wim Hof, or any 5 minute one)

5:30am-6:00am:

- Journal/free-write/brain dump (freely write, express)
- Look at my "Reasons Why" (a list of reasons why for my goals & soul purpose work)
- Look at Vision Board

6:00am-6:30am:

- Review the day's schedule, to-do's, MIT (most-important-tasks)
- Envision the day (take a few moments to envision you winning the day, accomplished, focused, grounded, feeling joy, passion, enthusiasm, vitality or whatever feelings you'd like to manifest or call-in)
- Create an anchoring intention for the day (I usually do a yin & yang/feminine & masculine: i.e productive, grounded)



A Sample of My Daily Routine:

- Affirmation (that is connected to the daily intention. i.e. "I am productive. I am grounded/centered")
- Celebrate the day with music and embodiment dance (celebrate as if you already achieved all that you desired for today or that you're grateful for with a dance to your favorite playlist. i.e. checkout my Spotify Playlist for inspiration: Profile name: Melanie Roxas illuminant. Recommended playlists: "Dance Celebrate Life," "Plant Medicine"

6:30am-7:00am:

- jog/movement, stretch
- cold shower

7:00am-7:30am:

- breakfast smoothie, vitamins, energy fizz

7:30am-7:50am:

- read/podcast/learn something new (current book I'm reading: "Getting Real" by Susan Campbell)

7:50am-11:50am:

- 4 hour power hour of work (every 30mins-1hr take a 5 min break: music/dance, walk outside, move your body, meditate, breathwork)

12:00pm-1:00pm:

- lunch break
- relax
- fun

A Sample of My Daily Routine:

1:00pm-3:00pm:

- Classroom time (coaching/workshop/training program)

3:00pm-4:00pm:

-homework time (related to coursework (1pm-3pm))

4:00pm-5:00pm:

- life administrative (organize, clean, to-do, plan tomorrow, whatever left over from today MIT)

5:00pm-5:30pm:

- meditate/breathwork/yoga/walk outside/nature

5:30pm-8:30pm:

- dinner/leisure/family/social

8:30pm-9:00pm:

- journal, wind-down (breathwork, meditate, blue-light blocking glasses, progressive muscle relaxation, essential oils, infrared light therapy, etc.)

Resource Book for Overcoming Burnout & Stress:




Melanie