

## 5 Ways Your Body Tells You You're Out of Alignment

Did you know that a whopping 80% of the residue from your dramas, traumas, and bouts with burnout is stored in your body? It's not all in your mind; it's in your very flesh and bones. Traumas and dramas don't just evaporate into thin air. They take up residence in your body.

In essence, they become part of the wiring within your body — until, that is, you make a conscious effort to include your body in your healing process and use this knowledge to further protect your potential. Another fascinating tidbit is that sometimes the body is months — if not years — behind in manifesting all the dis-ease you experienced on the inside as disease on the outside.

I learned this lesson the hard way after being diagnosed with autoimmune disease as well as chronic stress and fatigue two years after a super-stressful event. My body was just catching up to the mental, emotional, and spiritual disarray I had experienced during a back-to-back three-year period.

I spent 2014 through 2016 overwhelmed with grief over losing my dad and working in an environment as a senior sales leader when I was undervalued and underappreciated, and on top of that I was in the thick of raising a blended family of four kids in middle school. There was a lot going on in my life, but instead of honoring the signs and symptoms my life and body was signaling, I instead chose to ignore them and power through. This choice would keep me in a state of disharmony for far too long. If you have been there too or know someone who has, be assured you all are not alone. It is more common that I even like admitting.

### True Self Quandary: Professionals Are Burning Out

Ninety-eight percent of working professionals are either in or on the verge of burnout. According to the results of a survey that my company ran last year, 69% of respondents reported to be in active burnout, and 29% reported being on the verge of it. So, how does all this tie into how your life and body tells you are out of alignment?

When you bypass, ignore, or power through the signs and symptoms of burnout, life gets out of alignment. Your body knows that you are under too much stress, anxiety, and tension. All of that dis-ease gets trapped in your body and begins to manifest as significant issues. And when our bodies are overwhelmed, they get stuck in survival mode. Pursuing big goals and big dreams becomes a thing of the past, and surviving each day takes everything you have.

### How Your Body Tells You About Burnout

We have five primary areas of life — mental, emotional, physical, spiritual, and financial — and the body gets out of alignment when we are impacted by turbulence. Disharmony starts to cause a ruckus in one, if not all, of these zones. For example, your mental game might take a hit, shoulders might get tense, anxiety makes surprise guest appearances, hope takes a nosedive, and hey, maybe that shopping spree feels like a quick fix (Amazon cart alert!).

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The truth is, there are ways to tell if you are out of alignment with your truth and authentic self. Here's a quick glance at five ways your body and life will tell you you're out of alignment and a few side effects for each one:

- Mental = brain fog, irritability, insomnia
- Emotional = depression, withdrawal, anxiety
- Physical = tension, disease, pain
- Spiritual = disconnection, hopelessness, severe loneliness
- Financial = debt, paycheck-to-paycheck living, bankruptcy

If you are noticing that you have signs and symptoms indicating that you are out of alignment, not to worry. I will share a few things you can do to get your mind, body, and soul reconnected and working together. But first, I want to share how to prevent yourself from getting stuck in a zone of un-potential.

### Avoiding 'the Overs'

When you are overworking, oversteering, overanalyzing, overwhelming, overextending yourself, and overdoing just about everything, this is a sign that you are out of alignment with the best version of yourself. Admitting that you are in a state of "the overs" will help you become more aware of who and what you are reacting to so that you can take action. The goal is to break up with these "overdoing it" patterns and use various tools and methods to stop it. That way, you can live your very best life in alignment with your truth.

You can incorporate the mind, body, and soul into your daily life — propelling you into your greatest potential. These are the most common practices for self-regulation:

- Breathwork
- Yoga
- Singing, chanting, humming
- Cold water exposure
- Laughter
- Meditation

When you are in alignment with your life and body, life begins to support you and work for you in the most magical and unexpected ways. Health, wealth, and happiness begin to blossom. And with all this in mind, here are three questions to ask yourself and reflect on to aid in your transformation:

- Which of the five ways your body and life show you are in alignment are currently being impacted?
- What "overs" — if any — are you experiencing?
- Which ways to self-regulate resonate most with you to use as a tool to get back in alignment?

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