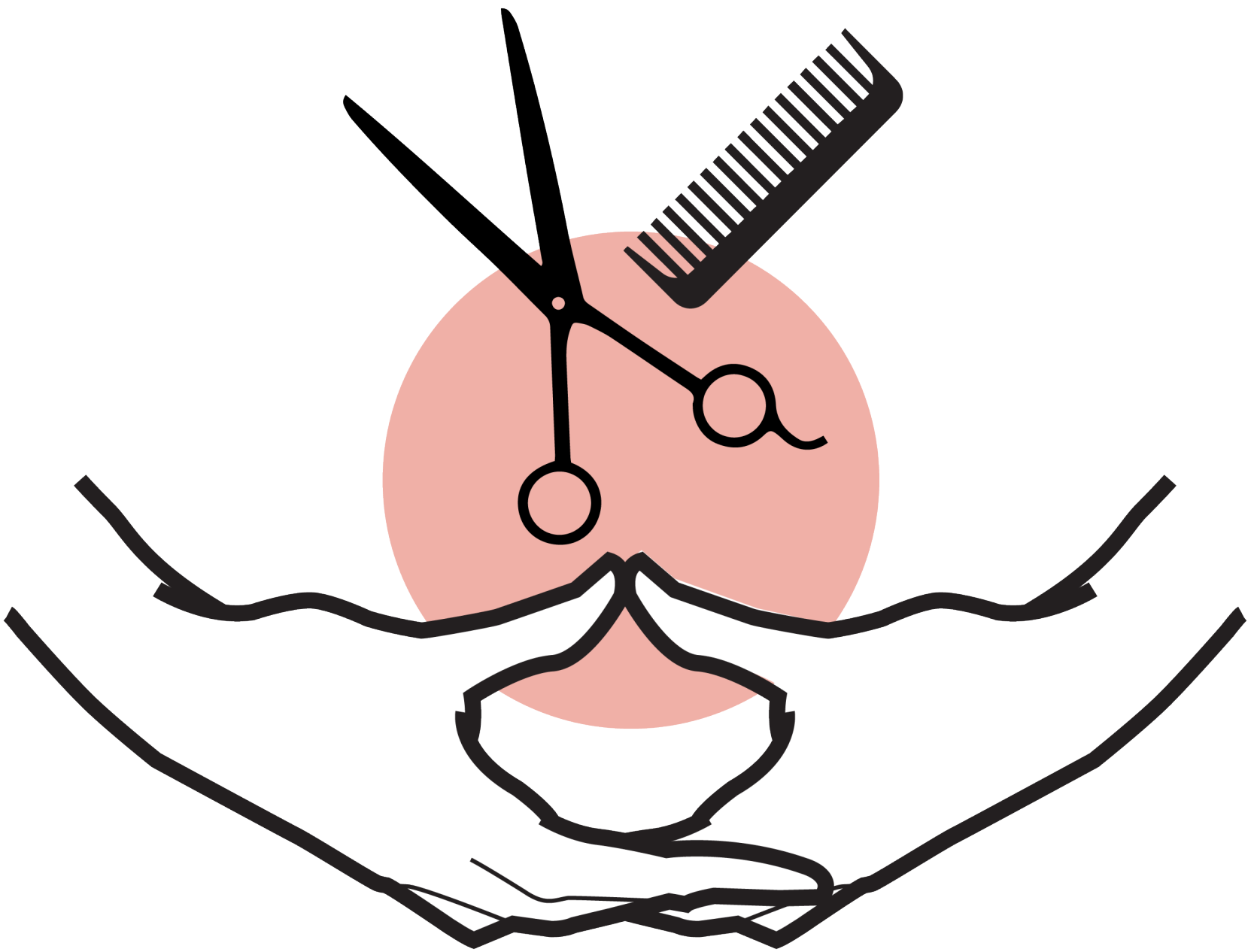


Burnout and the Beauty Expert with India Dunn



**When you have thoughts about burnout do you think “oh I'm not there yet...” ?
Or do you think “I know someone who is burnt out...”**

But do we really know what burnout looks like, what the indicators are?

If we look at our individual positions in the industry (i.e. our job) and where we have to devote time and energy, then we add on our personal lives, and then add on what we're coping with just by watching the news and being on social media... (right!?) That, my friends, is a recipe for present day, real time, emotional, mental, physical and spiritual fatigue: aka burnout.

Not to mention that unless you're squeezing a therapy appointment in between all your todo's you have the weight of all your community's emotional baggage on top of all of your own stuff.

I'm not trying to stress you out more, what I am tending to is your unacknowledged primary roles behind the chair: cheerleader, therapist, confidant and transformation magician.

The more awareness and acknowledgement of how much you do for your people, the more you will see the expanded version of what you as the Beauty Expert is expected to be.

Artists who serve their communities through their creativity are giving of themselves in a way few do. There is a deep well of creative energy that you tap into, but it has to be given the time and space to be filled after days and days of outpouring.

When we are in a deep acknowledgement of what we are really doing daily then we will properly prepare our mental, emotional, spiritual and physical selves for the work.

You are an agent for transformation, a partner of the spiritual manifesting into the physical, translating vanity into beauty. You must not take your work at "face value." There's so much more at play when you wield your magic.

As a co-creator you are in a position to give your client a safe and sacred space to reveal themselves. To reframe and reconnect. You can have immense power and energy to change your client's view and help them become a more vibrant being.

My desire is to help you actualize that power and be a more positive energy and ultimately enhance your connections and your business.

Taking extreme/extra care of ourselves is a huge part of us reserving/building and clearing energy to sustain and retain a thriving clientele.

As beauty professionals you are seeing patrons in such a way that our days do not allow for a break or any time to process the individual interactions. And as these appointments stack up hour after hour, day after day... the cumulative effects can start to cause harm to our physical, emotional, mental and spiritual well being.

Burn out is a sister to compassion fatigue and has all the same symptoms. An aware approach enables you to stop it before it starts.

Awareness of self, self love and compassion for self naturally leads to having these feelings for others, and naturally leads to healthier boundaries.

So how do we take care of ourselves, have healthy boundaries and create lasting success?

Passion and Purpose Through Self Awareness/Self Worth/Self Care

1. Validation/Victories/Self-Praise – Begin to reverse the side effects of negative inner dialogue and recreate your relationship with yourself and what you do. Write out (pen to paper) what you bring to your community. Not as a hairdresser amidst hairdressers, beauty expert among beauty experts, but as you as a human being: your ability to bring laughter, ability to listen, your healing touch, the grace of your artistry and its ability to transform. A healthy sense of self and a deeper acknowledgment of how you are serving your community can begin a journey to having better boundaries. As you actualize the power of your presence and become a positive energy, ultimately you enhance your connections and your business.

2. Daily routine – Set yourself up for success and emotional freedom. Mindful moments of manifestation and incremental pluses and minuses lay a foundation for lasting change. Make time and space for yourself to prepare for your work and life. At the beginning and through out your day, moment to moment, you have an opportunity flip your thoughts about your day. Go back to your self-praise inventory and remind yourself about the gifts you bring to your community. Meditating (focusing on what you desire rather than what you don't), breathing intentionally, taking a moment to reset and renew can happen anytime, anywhere. Create a new "conversation" with yourself to relieve the old one. Change your thoughts, change your life, change your mind and your actions will follow.

(Remembering to ask for help when you can't get out of the tailspin of the negative mindset).

3. Expression – Artists are multifaceted, we can express our creative nature through many mediums. Do you have more artistry that needs to be expressed?

Unexpressed creativity can cause frustration, anger or even depression. You may be neglecting another expressions of creativity as your "art form" expresses only in hair/ make-up/aesthetics. What could your next expression look like? Cooking, dancing, gardening, painting, teaching, writing or _____? Could you create while releasing expectations about the outcome? This way of expressing yourself can be a Spiritual practice, like meditation in motion. Creativity creates more creativity.

4. Reward – Non-material, non-consumption, non-compensation. The kind of reward and replenishing that fills the internal well beyond a new shiny toy, a sweet treat or a big glass of wine is a non-negotiable for well being. You can feel the reward of being of service, you can feel reward in movement. You can feel reward in being in action for your well being. A rewarding feeling can also be through healing, clearing and renewing through therapy, massage and energy work. Get to know what different types of reward create renewal for you. It can even be a small adjustment to your intention (is this serving me?) and contribution (how can I be of service?).

Write it out. Pen to paper. Now and Often.

1. Validation/Victories/Self Praise aka Unabashed Self Love.

2. Daily routine. Mindful Moments to reset/renew anytime, anywhere. Begin with incremental shifts, pluses and minuses.

3. Expression. How can you make space for different types of creativity?

4. Reward yourself with unconditional self Love and in giving of unconditional Love.

