

Beat the Burnout Blues



WITH THE ALEXANDER TECHNIQUE



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The Alexander Technique



Holistic method of self-care used
to improve overall health
by improving postural health.



The Purpose of the Alexander Technique...



is to help people unlearn harmful postural habits and restore a state of equilibrium, in which the body is well toned, upright and well organized.



Force of Habit



The force of habit in human beings is strong and constant.



Conventional Approach to Posture



- Unsustainable use of energy
- Uncomfortable and ineffective
- Aggressive
- Separates body into parts
- Lacks holistic view
- Counterproductive to desired results



Worksite Fatigue



Burnout is a complex phenomenon involving many dimensions and many expressions.

Burnout



Misuse of the body is both a
symptom and *contributing*
cause of burnout.

Tips to Prevent Burnout



- Establish self-care as a top priority
- Attend to the use of the head
- Modify work station and the use of devices
- Get up and move every 45 minutes
- Practice Constructive Rest
- AT Instruction and classes
- Patient Education resources



Mayo Clinic Departments Referring to AT



- Neurology
- ENT
- PM & R
- Pain Clinic
- Family Medicine
- Women's Health Clinic
- Fibromyalgia Clinic
- Addictions and Recovery
- Psychology/Psychiatry
- General Internal
Medicine