You're Not Lazy. You're Burned Out. Transcript

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We are wired against change. We biochemically wired, you know, our DNA is wired. Against change, even change for the better. Because change requires more energy output.

And so you kind of want to stay more or less where you are because that's easy to maintain. The moment you're having to think about changing something, especially if you already experiencing burnout, write down your logs because we might need to change your lifestyle habits.

You're asking me to expand more energy and I don't barely have any. So we resist it with all our might. Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain.

I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm. Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Well, welcome back to the Take It Back My Brain podcast. I'm excited to have you again with us today. It is always a treat. And I have the beautiful and amazing Serena Sibolo with today, Serina is a performance and physiology strategist.

She is the creator of the whole shift method and she has some amazing retreats that we were just talking about that her and her husband run together for a whole transformation.

So Serinia, Welcome to Thank you, Laurie. It's a pleasure to be here. And it is a pleasant to have you. I was on your podcast, we were just talking, I think this past summer, and we had a great conversation, so it's so fun to dive into all of this again with you and you have your own unique story of how you got into the field of like the whole shift method and performance and physiology and We were just talking about doing more or doing less and just enjoying life more and, you know, getting down to the beauty of everything around us.

So love for you to just to share. How did you get to where you are? Yeah. Well, thank you. Great question. And I started very, it started early for me.

It started when I was a child. I probably between five and eight and he started from Sadly, seeing my dad really struggle with his health and well-being, in particular his mental health.

He was diagnosed with bipolar disorder when I was eight years old. But if I think back, he was struggling even before then. he's been struggling for as far as I can remember.

And, and he was heartbreaking when he kind of started hitting rock bottom. It was incredibly heartbreaking and it was, it, was profoundly impactful on my life and obviously his life.

And I think that's kind, that was the onset of planting this seed in me of realizing our fundamental, our optimal health and well-being our mental health, physical health.

The two really go hand in hand, in my opinion, how fundamental they are to everything that matters in life. And without them, nothing else can make up for that void and that gap.

My dad ended up losing everything he'd worked very hard to accomplish and achieve in his life and even everything else. And it's never quite fully recovered from it.

And so I became incredibly passionate of figuring out how to prevent that from happening and how help facilitate that transformation in others because I realized everybody suffers.

The individuals suffer, the families suffer. Their business suffer like the ripple effect is profound. It's far reaching. And so it started kind of unconsciously.

And then as I started delving into my teenage years, obviously became more of a conscious effort. Food kind became my escape, almost like my drug of choice.

So for very many years I had a very challenging and disordered relationship with food, which taught me a lot of what not to do. And then in my very early teenage years, I started developing some severe hormonal disorders, such as PCOS, polycystic ovary syndrome, and then eventually at age 20, developed what's now known as PMDD, premenstrual dysphoric disorder.

And so my hormones were completely out of whack and when your hormones are out-of-balance, your whole body is out out balance because your endocrine system regulates every single fraction in your body.

And I was not getting much help from traditional modern medicine, quite the opposite. They were telling me there's nothing we can do. There's literally there is no cure.

Your PCOS is where it is. You can't do anything about it. PMDD, you can just take painkillers. And I kept maxing out however many paingillars I could take, they stopped working for me.

Same story. Yeah. I was barely functioning, I couldn't barely show up. And for many years, I felt quite disempowered because when a doctor tells you there's not much you can do, you tend to trust them.

And then for whatever reason, and I'm sure there is more than one reason I started questioning that and started looking and taking matters in my own hands.

I started researching and investigating, and I was very much driven by that early childhood story of not wanting to give up on myself and my well-being because I knew it was the most important asset in my life.

And the moment I start taking matters into my own hands, I've started seeing results and started shifting my lives towards a healthier path. To begin with, it's very challenging.

I'm not going to lie. But the more results I got, the better it got and the momentum started building. And I have to say probably the first point of access for me that really made a huge, huge difference was discovering yoga.

I'm falling in love with my yoga practice because yoga for gave me access to a level of mind body connection. And, and it got me present with my body and, it, got to really understand the language that my buddy speaks and to learn to listen to it to her, as I call her.

And to honor her and to give her what she needs and take care of her, I stopped seeing my body as an enemy or a problem to solve or something that I needed to overcome or challenge to over come.

I started really realizing that my bodies my greatest my biggest friend and ally. And he wants to be healthy and he want to work with me and, and you want the best for me.

I just wasn't giving it what he needed to thrive. Right. So that was the first point of access. And then obviously I ended up researching, studying nutrition in a more formal setting, becoming a certified nutritional consultant and completed my already existing nutrition education and, and you know, slowly but surely eventually I met my husband who was already in the field with a driving personal training business for over 20 years and he's also a yoga teacher, therapeutic muscles, physiotherapy aid.

So we started bringing all these modalities together on the one roof to create what we believe is a an optimal holistic approach to optimize your physiology and achieve greater results with less effort.

It goes back to what we were saying earlier, it's not about doing more, is about the things that matter and focusing

on fewer things to truly make a difference.

And that will allow you to achieve far greater result. Out of all this work together, the retreats were born because we find that when we take you out of your day-to-day life where most of the triggers and challenges are, and we put you into this bubble where everything is carefully curated for your success and you have none of those kind of negative influences that tend to pull you away from yourself.

And plus it's fun and it is in a beautiful setting and if it occurs as like a great adventure rather than a hurdle, rather then a boot camp, or rather a punishment.

Then in just one week, you achieve far greater results than you could achieve in months and months of hard work in your day-to-day life. So we love that aspect of our work because we really see a clear before and after.

People come in looking and feeling a certain way and then they leave looking or feeling erotically different way. And it's very rewarding. Yes. That's what we're up to these days.

Hey friend, just a quick break to remind you if calming your brain is the missing piece in your practice or in you home, my Mind Thrive certification course teaches you exactly how to do that with targeted amino acid therapy.

So it's real science, real results, no band-aids. Enrollment is now open. Link is in the show notes. Back to the Show. Oh, I love that you're up to that.

And I think it's so important to hone in on the fact that, you were saying you stopped fighting your body, right? And started doing the thing that we're nourishing body mind and spirits to our body.

teaching this morning on that exact same thing and how when our body is not in alignment with our mind. Our mind can't think correctly we don't have the right output as a man thinks so is he so for thinking incorrectly i have to take a step back and go what is going on in my body.

Because they're both feeding each other everything is working working together and so one can perform without the other one. This and I love the fact you're doing the retreats and the transformation and getting everybody in tune with what is your calling?

What is, where is you identity? Where does it lie? And it's never really where we start out. We're usually really superficial as human beings and we have to peel off all those layers and find out what God has really created us to be and to do in this amazing life that He's given us.

You work a lot with with burnout. And I know I read somewhere that you say that burnout is not a motivational problem, which we're all about. Got to be motivated, got to motivated.

It's a physiological problem. Then I'm sure you're like going into it's, uh, a spiritual emotional problem too. Cause you, could you speak to that and how that creates that sustainable performance that talk about with, you know, achieving more, but by doing less at the same time.

Yeah, absolutely. Well, I see this in my practice so much where I work with incredible professionals, very high achieving individuals who are amazing at what they do have accomplished incredible things.

Right. And they come to me so completely and deeply disempowered when it comes to the health and wellbeing, they tell me I lack willpower. lack motivation.

We're talking about lawyers, we're taking about doctors, people with multiple degrees, PhDs, who run departments, run companies, and yet their experience of themselves when it comes to this very important area of their life is that they lack willpower, that 99.9% of the time, it's none of that.

They just like strategies. You're lacking the strategy that will allow you to get results. Sometimes they have lost

touch like you were saying with that deeper why, with the deeper reason why certain practices should be prioritized in their lives.

And one of the first exercises I do with anybody that wants to start working with us is an exercise that I call the five whys. which is, okay, so you wanna achieve these goals.

You wanna, whatever, lose 10 pounds or 10 kilos, or you want to get trimmed up or want a little cleaner or whatever. Or you to eat better. Why do you this?

But I don't just ask them once, I ask the five times. And why, and why and what? Because we really need to dig deep at, Okay, what is your deepest reason why you should make the effort of changing your habits?

Because without getting present with that deeper motivation that drives the action, then of course you're not going to prioritise this. More important things are going take your attention and energy.

But even with this said and done, if you don't apply the right strategies, nobody likes to change and not get results. That's the number one cause for failure or for giving up.

And because many of them, and it's so easy, Dawn, in our industry these days, have tried so many random things that don't work or that might not be the right fit for them.

The world is your oyster out there. You can There's so much available to you if you're doubling these and do a little bit of these a, little, bit, of that, a bit about just because your best friend said that and your mother or your brother and so you do.

A little of everything without a real clear strategy that takes into account who you are. what you're working with, where you want to get to, what are your strengths, your weaknesses, preferences, predispositions, that everything fails.

So then, of course, you know, if you feel really disempowered, then you think you are the problem when that's not the case. Yeah. Well, and we, as business people, you're talking about lawyers and doctors and all these very professional people that you are working with.

We all have systems within our practices or in our businesses that have to be in place in order for that to successful. So these are all people and I'm speaking to myself that know how to create and use systems.

But when it comes to our own health and staying in tune with our body, somehow we've thrown the systems out the window and just willy-nilly'd everything.

You're right, it doesn't work. And then you get burned out. Then you're like, why am I so burned-out? I hate my life. It really was because you lacked systems in place.

If we start implementing those strategies, even for our own health, make them become habits and part of our lifestyle, profound change happens. No amount of willpower or determination can override chronic sleep deprivation, chronic dehydration, and chronic nutrient deficiency.

Like your body simply doesn't work. It's like trying to drive a Ferrari, but there's no gas in the tank. There's not oil in it. The problem is not that your car is terrible.

You have a Ferraria hands. It is priceless. Yeah. I remember I had a client one time and her husband called in the middle of the appointment and thanked me for teaching her how to take care of herself because it honestly saved their marriage because he's like, I couldn't even breathe her air because she was just so sensitive, but she wasn't nourished.

She was running on coffee and crackers and stuff off the kids' plates and she, wasn' exercising all those things.

And we just nourish her in many different ways.

And he's like, this really honestly saved our marriage. Yeah. Because we had to learn how to take care of herself. And then she liked her husband again.

Of course. You can't like another human being if you don't yourself. If you're not in a good relationship with yourself, you are not going to have a relationship good with anybody in your life.

That's again, foundational stuff. It's very often overlooked, sadly. More often than it should. And there's nothing wrong if that's where you are today.

There is nothing raw. So long as you recognize it and start looking at, okay, so what do I need? Yeah. That's a great question. What do we need. We don't stop to ask that because we're like, we'd have to go, go go and then we get burnt out.

these exorbitant amount of hours and exhaust ourselves before we even earn that vacation. And I love what you're doing with the retreats. You're like basically forcing people, not forcing, they're choosing to go, but you you've disconnected for a week and really working on figuring out The connection, body, mind and spirit and who God created you to be.

And what's that going to look like after this week? And that is a beautiful gift that you're giving people. Yes, yes, it's priceless. There's this quote, which is at the top of all the contract that we signed with our clients when they start working with us.

It's a quote by Maya Angelou that says, nothing works unless you do. During the retreat, our guests, all of a sudden, start working. Start working with themselves and for themselves.

So when they go back home, they realize that everything else works better. That work problem is no longer a problem. Their relationship problem, is not longer problem It's kind of like, because they started working, their lives started to work.

So we go back to that same principle that we were discussing before we started recording, doing less to achieve more. That's what that looks like. It looks when you work better, you don't have to work as hard to the same results or more, it's actually almost becomes effortless, dare I say it.

I know. What are some things, some key things people can start doing on a daily basis that you recommend to start that process? I'm a great, huge fan of assessing, right?

Because I think you learned so much from just assessing where you're at. And we think we know, we not what we're reading. We think, you know how much we are sleeping.

I think you're not, how are we drinking, but really truthfully, do you really like, what you are doing in the day to day life and what are you working with?

And that's why the, again, like I said, the first thing that I have anybody do even before they've decided to work with me while we were still exploring whether it's the right match and the rights synergies.

Okay. Let's start taking stock of. what your actual daily habits look like right now and what you're actually doing. And so they feel in this, I've developed this this questionnaire and it takes them five minutes.

And so they punch everything in and all of a sudden they get present with themselves. They're like, Oh wow. Okay. So this is what I'm, this, is how I actually operating.

This is, what, I am actually doing. We do a food log as well. Just writing everything down, taking stock of everything, assessing where you're at. just the exercise of doing that already will generate breakthroughs.

Just that, because you get present with, oh, wow. Oh, no wonder I feel this way. Or no one that this is out. Cause you know, everybody thinks that they're eating okay and they are sleeping enough or they drinking.

I think I'm doing fine until you put pen to paper. Then you realize, shush. Wow. That's actually not how I thought. And it's the same thing. Like if you went to an accountant or financial advisor because he was struggling with your finances.

I suspect the first thing that ask you to do is ok write down everything that you write everything you spend every single month and let's start just looking at what money is coming in what is going out.

And you think, but until you write it down, you really don't see it clearly. So I think that's the first step anybody should do, really what's a breakthrough in this area of their life is assess, see where you're at, take stock, write down your habits, Write down a food blog for a few days, and nobody likes the idea of writing down mostly because we're hiding from ourselves.

I know I hired a business coach about a year ago and he's like, well, if you're gonna work with me, we're going to work on this kind of stuff. And so I had to get real with my finances.

I was so frustrated because my business just wasn't like meh. It was like squeaking along. Then once I started understanding my You know what happens?

You have better strategy. And then instead of going, it was like, you know, have this increase with less effort. Yes. Yeah. So you've got to know where you're working with.

It could be a bit confronting at first, and you might discover things that perhaps your subconscious mind knew, but you didn't want to bring them forward.

and become really aware of it, but then there's freedom that comes from it. Then it's like, okay, so this is what I actually need to do. And those are the strategies, like you said, that I can implement.

Once you start seeing the benefits of that, it will make you super motivated to continue on and to keep refining. What do you find is maybe the biggest hindrance for people to kind of take that next step and actually do the assessment?

We are wired against change. We're biochemically wired. Our DNA is wired for change, even change for the better. Change requires more energy output. And so you want to stay more or less where you are because that's easy to maintain.

The moment you're having to think about changing something, especially if you already experiencing burnout, if your already experience in depletion, you've already running low on energy.

And then I come in here and I tell you, write down your logs because we might need to change your lifestyle habits. What? more, you're asking me to expand more energy and I don't, I barely have any.

And so we resist it with all our might. Also because, and this is profound in my work, because I work with nutrition and lifestyle, right? We are conditioned to want to keep those habits alive, because those are the habits that allow us to keep our life as it is and to belong with our communities as well.

Right. Because the lifestyle and nutrition changes sometimes put us at odds with. Our loved ones, our community, these are families, are colleagues are our friends.

So that, that adds a whole other layer of resistance to change. Cause it's like, what you're asking me to do something different from How my husband likes it, how my friend like it?

How are my children like or may like? Because sometimes we just assume that they're going to be at odds with it

and use that as a reason not to change.

But that's resistance against change, especially if we perceive that change is potentially putting us at odd with our peers and with the people that matter to us.

And so therefore, if you were brought up in an environment and in a family that didn't value health and wellness practices, that did not value healthy nutrition, it didn' value working out, didn''t value mindfulness, You're really going to struggle because you have that deep seated conditioning in you of those things are not good.

Maybe your family even judges people that they have those habits, you know? And so there's kind of like almost that underlying, I'm going become one of the people they talk bad about, or I am not going fit in without they do things anymore.

If everybody is eating junk and I m the only one eating a salad, they're going have something to say about it. It's important and that's why the retreat is so impactful, right?

Because you're in an environment where everybody's there for the same reasons. Everybody's supportive of these practices and habits, et cetera. So all of a sudden you realize that your environment is setting off for success instead of dragging you down.

And you feel free to fully lean in and get the full spectrum of benefits. That's why the work that you and I do is fundamental is because we might be the only people in someone's life that's really rooting for them to make those upgrades.

Yeah. And let me tell you, you need somebody in your corner. At least, at least one person, ideally more than one, but you. But you'd need at list one persons in you're corner who's telling you no, don't worry about it.

Don't. It's so good. Everything will be fine. Stay with it, it's worth it you've got this. So important. Yeah, because there's so many naysayers out there, people who want to discourage you because one, they're not on their own journey.

They haven't made that commitment. So when you start making these changes and stuff, sometimes it's convicting or scary or you know, who are you gonna be on the other side of this?

That was a challenge for my family, for sure. They were not, you now, exercisers. My mom was chronic dieter, all those kind of things. And so, yeah, it didn't go over very well, but that's okay.

I like being the odd one out. It's like new people over the years, and it's OK. Well, I'll just swing back around, Serena, to the PCOS, the PMDD. You and I have similar stories there.

And there's so many people still suffering. And like you were told and I was told, well, let's just, you know, You're just always going to have PCOS. You always just.

Yes. I would never diagnosed with PMDD, but once I understood what it was, I'm like, oh yeah. That's what I had. It was so bad, that I could barely function and hydrocodone every month.

Who should be giving that out to someone who has a period? Clearly there is something wrong. And I would love for you to speak in that aspect and provide the audience with some hope, just knowing that both you and I are on the other side of all of that.

So first and foremost, I now have the reproductive system of a woman 10 years younger than me. So I get my yearly check and my female doctor cannot believe what she says.

She's like, that is crazy. How did you do that? There's no trace. There is no way to even tell that I've ever had PCOS. And I'm saying that to say, This is a condition that the doctor told me you're going to have your whole life.

There is no way of curing it. The only thing you can do is take the contraceptive pill to mitigate the symptoms and hope that one day when you want to children, you could come off and get pregnant real quick before it gets bad again.

Like that was like the prognosis for my life, so the first thing that I want everybody to know is never take no for an answer when it comes to your health and wellbeing, and always took matters in your own hands.

Because you are responsible for your body above anybody else. You can learn to know yourself better than anybody, but you gotta learn how to speak your bodies language, which we're not taught that in school.

We're not taught that in school. Our parents perhaps didn't even grow up with this sense of self-awareness and self understanding. Quite the opposite.

It's not their fault. Again, they weren't educated. So look, research, try, and learn to develop this relationship with your body. Because I've seen miracles happen.

Miracles happen when a doctor tells you there is no hope, there's no chance. They're not bad people, they're just trained to look in a certain way and to think in certain ways.

It's a very specific, boxed-in, specialized way of thinking. I love modern medicine, it's amazing, and it saves lives. Yes. I think it's important to leverage it to a point, but when it comes to chronic issues, it sometimes more often than not is not the right medium and you need to look elsewhere, right?

So do your research, look, remain open in your heart, in you mind to looks outside the box and to see what might work for you. And especially when you come to anything chronic, You got to take a holistic approach to it.

There's not going to be one pill that solves your problem. That's, not gonna be. One thing that makes it go away. Does not, it's. Not about that. It's about, okay.

Your mind, body, and spirit create this system that operates for you and with you in your day to day life. And the system of mind body spirit needs more than just one thing to function optimally.

And what Lori needs in our day-to-day life is slightly different and nuanced from what Serena needs on her day to day life. So even me and my sister who have the same DNA predispositions technically on paper, we actually need different things and we need to honor our bodies differently.

You really have to work with yourself. And really have to develop this relationship. I really want to understand, okay, so what does my body, mind, spirit need to thrive at its best?

And who's got what I need, to help me? That's one thing that I want really to pass on to people is, you're not going to do it on your own. Nobody does it in their own way.

Because you don't see your own blind spots. You don' see how you're sometimes self-sabotaging yourself. When you when you are stuck in quicksand, you cannot get unstuck on your right.

The more you wiggle, the more it sucks you in. So you aren't going to need system tools, professional strategies that allow you to get stuck, at least up to a point, and then you can continue on you own.

Don't hesitate to reach out and look for the right help for you. Because you're not going to get a special badge of honor for struggling longer and figuring it out.

That's so good. Yeah. So good, no special Badge of Honor. We're always searching for the badge that doesn't exist. This is awesome. Where can they find information about your retreats?

So best place is our website, holeshiftmethod.com forward slash retreats. But you know, also on our Instagram

page at holeship wellness, you'll find the link.

Facebook is the same. I'm very active on LinkedIn as Serena Sabala. Wherever you look for me, You'll you find a link to our transformative experiences.

Wonderful. I want to come to one of those at some point in time. So I would so love to have you and love for our guests to be exposed to your work as well, which is also so important.

And so, so deeply transformative. Yes. Well, Serena, this has just been an amazing conversation. Is there anything you want leave the audience with? I'm going to leave them with our company values.

to be selfish and take care as if you were the most important person in your life because you are, but also be selfless and do it so that you can contribute your very best to the world and humanity as a whole.

And in doing so you realize you didn't really play big. You are capable of way more than you think. So never give up on yourself. That is so good. Thank you.

And I would love to have you back on again and we can chat about more amazing things. So thank you for being on here. My pleasure, Laurie. Let's do it.

Let's do it. And thank you everyone for listening. Make sure you like, subscribe and share because I know you know somebody who needs this message today.

So share that with whoever you can and we appreciate each and every one of you. God bless and I will see you in the next episode. Thanks for listen to Take Back My Brain.

If today's episode helped you connect with hope or direction, I want you to follow the show, leave us a review and And if you're ready to start your own healing journey, explore our courses and our coaching programs at lorihammer.com backslash store.

So until next time, remember you cannot medicate away a nutrient deficiency and healing your brain isn't just possible, it's powerful.