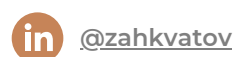


# How To Get Out Of Burnout State With 5 Senses Method



5 minutes reading time



First...

## Why should you listen to me?



Hey, I'm Alex, 34 years old.

- 12 years of solopreneurship filled with stories and rich experience.
- I have been a digital nomad and explored more than 20 different countries. Investigating different cultures and mindsets.
- More than 20,000 people get through my programs, ebooks, and mentorship.
- Spent over \$7.5M on Facebook ads in my projects. I know what it means to work hard and nonstop.
- Brain-based coach for high achievers with techniques backed by neuroscience.
- 7 years of personal coaching & therapy.



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After 12 years in online marketing, I realized what truly makes me curious is helping other high achievers and solopreneurs to solve the inner challenges that they are facing.

Help them expand their thinking, explore their human potential, and facilitate new insights.

I paused my business career and went to study in 2 different coaching institutes. I learned the best and most updated coaching techniques that allow me to solve the challenges my coachees are facing.

Today, I'm a Brain-based coach with unique techniques backed by neuroscience. This method can help high achievers develop new habits, skills, and behaviors.

Accredited by



## How I found about this method:

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As I mentioned, I was in coaching and therapy for a long time during my career. As an online marketer, I had many situations where I needed to work so hard that everything else was pushed aside.

I squeezed 200% of my productivity from myself and sacrificed present moments for future success. And I ended up burnout without any sense of joy. I didn't care anymore about things I was passionate about.

Irritation from simple tasks, noises, or people become my reality. My productivity was declining, and my business was suffering.

When I shared this with my coach, she recommended the 5-sense method you will explore in a minute. It took only 1 hour to do, but the effect of that I can feel until today.

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## It's a protective shield

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The method will give you a "protective shield" from getting to the point that you "can't do it anymore".

I'm a high achiever and ambitious person, exactly like you. And I know what a big price you pay for your goals. But it can be better.

Keep this guide close to you and return to it whenever you need it.

After this exercise, you will have a personal guide on what to do when you feel burnout.

**P.S.** This is not everything... you will also find out which side of you are more developed and brings you more joy. Use these insights in your business and personal life. It can be priceless.



# The 5 Senses Method Exercise:

## Instructions:

This exercise is about reconnecting with your inner self. For each of the five senses, list things that you love to experience - things that bring you joy. Dive into the world of sights, sounds, tastes, smells, and touches around you.

Go deep. Write as much as you can. Try remembering your childhood. Any sparking moments that were bringing you a sense of joy.

For each of your five senses, list as many as you can things that you enjoy experiencing:

1. **Sight:** list visuals that bring you joy or calmness.
  2. **Hearing:** list sounds that you find soothing or enjoyable.
  3. **Touch:** list textures or sensations that you love to feel.
  4. **Taste:** list flavors or foods that you enjoy.
  5. **Smell:** list scents that make you feel good.
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## Why it works:

All of us can often experience increased stress levels, leading to raised cortisol levels and imbalanced brain functioning. The 5 Senses Method counters these problems by reducing cortisol, boosting dopamine production, and stabilizing brain activity. I will share more about the science behind this method after the implementation.

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## Examples to activate your imagination:

(Remember, there is no wrong or right answer; we are all different.)

1. **Sight:** Sunsets, eyes, specific animal, looking at your partner
  2. **Hearing:** The sound of rain, specific music, laughter, ocean waves
  3. **Touch:** The warmth of the sun, soft blankets, smooth stones, pet fur
  4. **Taste:** Fresh berries, dark chocolate, a warm cup of tea, creamy pasta
  5. **Smell:** Freshly baked bread, coffee, vanilla, rain on dry earth, the ocean breeze
-





## Tips for enhancing the exercise:

- **Be present:** Go deep in yourself in each sensory experience. Be focused. Do it when you are alone without external triggers.
  - **Be consistent:** Update and review your list from time to time. Ensure that you are connected to yourself and your inner needs.
  - **Explore new sensations:** If it's hard for you to write down things for a specific sense. Start exploring this part of you. Explore new sensations to discover the unique ways that bring you joy and happiness.
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Let's start...



# For each of your five senses, list as many as you can things that you enjoy experiencing:

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## **Sight**

List visuals that bring you joy or calmness:

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## **Hearing**

List sounds that you find soothing or enjoyable:

# Write as much as you can...

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## **Touch**

List textures or sensations that you love to feel:

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## **Taste**

List flavors or foods that you enjoy:

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## Smell

List scents that make you feel good:

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## What to do with all the things that you wrote?

Start creating activities in your schedule according to your list.

Start surrounding yourself with the things according to your senses that you listed.

**Keep it simple.** If, for example, you enjoy hanging out near dogs and you don't have one. Find a friend who owns a dog and join with him for a walk. You can also visit a shelter. This method is backed by science. It's helping utilize sensory experiences to enhance mindfulness and emotional balance.



# The science behind the method:

## Neurological and hormonal impact.

High achievers often experience high-stress levels, leading to increased cortisol production and imbalanced brain activity.

## The 5 Senses Method addresses these issues by:

- **Cortisol reduction:** Engaging in sensory experiences lowers cortisol levels, which promotes relaxation and calmness. This is crucial for high achievers to maintain their performance (Park et al., 2010).
- **Enhanced dopamine production:** Positive sensory experiences trigger dopamine release. A neurotransmitter that is linked to pleasure and satisfaction, helping to restore emotional balance.
- **Balanced brain activity:** Focusing on positive sensory experiences shifts brain activity. This reduces stress-associated activity and enhances areas linked to positive emotions (Hölzel et al., 2011).





## **Mindfulness and sensory integration for high achievers.**

- **Mindfulness:** Enhancing mindfulness through sensory engagement helps high achievers stay present. Also, reducing stress and improving emotional well-being (Hölzel et al., 2011).
- **Sensory integration:** Improved sensory integration helps high achievers become more connected to their environment. This is crucial for decision-making and emotional regulation (Chang et al., 2018).

### **Sources:**

- Park et al., 2010; Environmental Health and Preventive Medicine
- Hölzel et al., 2011; Psychiatry Research: Neuroimaging
- Hölzel et al., 2011; Psychiatry Research: Neuroimaging
- Chang et al., 2018; British Journal of Sports Medicine

# Thank you for reading my guide!

I would appreciate it if you would share this guide with your friends and anyone that you think this guide can be beneficial for them.

You can use this [>>> link <<](#) for sharing.

Alex Zah

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