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## Feeling burned out in life

Does anyone experience burning in their throat when they eat or drink? I'm not talking about heartburn down in the chest area — this is in the upper esophagus. I'm asking for a friend who has this condition. None of the docs she's gone to have been able to figure out the cause. "What you get by achieving your goals is not as important as what you become by achieving your goals." — Johann Wolfgang von GoetheSilence. Not a word.Another day is over. The news you were waiting for didn't arrive.Everyone else around you keeps moving. They know where they're going.You don't. You watch the days go by and think of all the things you could have done. You feel like you're wasting your time.It seems pretty pointless. You're not where you want to be.Sometimes we have to wait.You left one job, but the next one is not yet in sight. You want to go back to the soccer field, but your injury is not yet healed. You're stuck in a city you just want to leave behind. Or you just simply don't know what to do next.In May, my husband and I moved across the world from Germany, my home for more than twenty-five years, to Canada, his home country. We had already applied for permanent residence for me months before we came.Give it a few weeks and it will arrive, we thought. Then I could start looking for a job. Start my career. Move forward.Weeks became months. August came and I was still hopeful. I checked the mailbox every day. Maybe today we would hear something. But still nothing.The heat of summer started to fade and I became more anxious. I was expecting to hear the big news any day, but the leaves turned colorful and pumpkins popped up in the stores, and I still hadn't received my permit.Over the course of a summer and a fall, I was watching my friends moving forward. Applying for new jobs, preparing for interviews, getting promoted. Friends from Germany I graduated with were starting their careers. Some of them started a family.I was waiting. And the longer the waiting continued, the more anxious I became. As a 27-year-old graduate, I felt like I had no time to waste.Even more, I was ready to work. Apply what I've learned. Improve my skillset. Learn new things. Contribute to a cause. Be part of something. Instead, I had to wait. I felt slowed down. Left behind.But as fall came, something in me started to change slowly. I started to come to terms with my circumstances. My situation hadn't changed; I had. I realized that there were five things that, with the help of my husband and family, helped me turn this waiting period around.1. Stop Feeling Sorry for YourselfThis point is crucial.Some mornings you might not even want to get out of bed. What for? Even if you do, you feel no motivation to get anything started or done. What's the point?It might seem like life has hit the pause button, but life is still happening. And it is still up to you what you do with your circumstances.So focus on what you can do. Live. Right now. Every day. Don't make this all about the wait. Make it about you. Then there is really no reason to feel sorry at all.2. Watch Your MouthWords are powerful, even if they aren't said out loud. The way you think and talk about your situation will determine how you feel about it.In the evening, when my husband asked me what I did that day, I quite often said, "Nothing, really." Of course I had done a lot of things every day. What I really meant was: "I did a lot of things, but they don't count." They didn't count in my head because it wasn't what I wanted to do. It's not what I thought I should be doing.Silly, I know. And my husband would call me on it, which eventually changed my language. And that eventually changed my perspective on things.Share your crappy feelings with people. Be honest with them. But make sure these are people willing to help you. Who challenge you. Who don't let you sit in it.Guard your thoughts when you are alone. Don't allow yourself to wallow in your negative feelings. Put a visual reminder on your desk: A quote maybe. Write it on your bathroom mirror. Have a copy of it in your wallet.You might not be where you want to be in the long run, but that's life. It takes time. As long as you are on the right path, every step counts. And if you don't know where your path is going, you were just given the perfect opportunity to find out!3. Don't Make ExcusesIt's easy to find reasons not to do things. Especially when you're waiting. Because what you really want is just around the corner. The present is just a weird in-between-space.Wrong. Now is the time to try new things. To step out of your comfort zone. To discover new passions and gifts.In the past months, I taught myself more about cameras and video editing, I took a guest blogging course, I started to take on a few creative projects around the house, I connected to new people in the city, and I explored my new home.Some of it might help my career. Some of it was purely for enjoyment. But everything I did helped me to learn—what I enjoy, what I am good at, how I want to live my life.So pick one thing you want to do. A creative project. A class. Your own book. Start it. Commit to it. Don't be scared that it's going to take you a lot of time. Let it take you out of your comfort zone. You don't have to know yet where it's going to take you.4. Don't CompareSo you've tried all of the above. You've done good work. You feel great.But then you start comparing yourself to the people around you. Friends, family, coworkers.Of course, you pick the ones who aren't in a similar situation. Those who know exactly what they want. Those who just did the big move out of the city. Those who just got a job.Don't. I know it's hard, because it feels like it's being rubbed in your face: you're not there yet. And the whole cycle of feeling sorry for yourself, negative words, and cheap excuses starts again.Be happy for these people. Remember that one day, it's going to be you. It's just going to take a few extra steps. That's fine. Because until then, there are plenty of opportunities and lots of life to live.One thing that helps me is to stay away from certain people and groups on social media. I don't blame people for posting about all the awesome things that happen in their lives. I just know my weak spot. I know I instantly compare myself. So I unfollowed a bunch of people to avoid it, for my own sake.5. Keep MovingYou know that exercising keeps you healthy. It makes you strong and helps you stay in shape. But it also improves your mood and your sleep. It reduces stress and anxiety. It helps your brain to function better.You, of all people, want a functioning brain. For all the reasons listed above. That's why you need to move your physical body in this period of waiting.Find the way to workout that works best for you. I used to run a lot, so I bought myself a new pair of runners. When I am overwhelmed with my situation, I put them on and run it off.It can be as simple or fancy as you like—just do it. Sign up for a gym class. Join a soccer team. Go for long walks. Do yoga with the help of some YouTube videos.Of course, this point will look differently for you if you're waiting is caused by a physical injury. You're doctor and physiotherapist have probably told you already what exercises and how much of it will help your body to recover.In any case, commit to exercising. Make time for it. Stick with it.You Can Do ItWaiting sucks. Especially when there is no end in sight and you've done everything you can.But changing the way you approach this waiting period can make all the difference.Imagine achieving a goal taking one step every single day.Imagine learning a new skillset that will help you when you can finally take the next step.Imagine discovering a new passion that will determine the way your life is going.Start by trying one of these five steps tomorrow morning when you get out of bed.Try a different step every day. Keep those that work and lose those that don't.You can make this period of waiting in your life a personal success!This post is courtesy of Tiny Buddha. Thanks for visiting. Don't miss your FREE gift. The Best Diets for Cognitive Fitness, is yours absolutely FREE when you sign up to receive Health Alerts from Harvard Medical School Sign up to get tips for living a healthy lifestyle, with ways to fight inflammation and improve cognitive health, plus the latest advances in preventative medicine, diet and exercise, pain relief, blood pressure and cholesterol management, and more. Last Updated on December 1, 2020 The statistics are dismal. A recent study has found that 69% of people feel trapped in the same old routine, and only 3 out of 10 people are happy with their lives. People are feeling stuck.Some are feeling stuck in their careers, feeling like they're too far along one path to make a change. Some are feeling stuck in their personal lives. The toll of the daily grind sucks most of their time and energy. So their relationships, self-care, and personal goals get lost in the shuffle of the treadmill existence.When people come across these challenges of feeling stuck, the feeling sometimes doesn't go away. It often intensifies as time goes on. As the stuck feeling intensifies, some people choose to settle. Subconsciously, without even realizing it, they end up pushing their dreams and goals further and further down.Others, if the feeling of being stuck intensifies to an unbearable point, choose to make changes. They may choose to pivot in their careers, even after years at a successful job. They may end up making big changes in their relationships, or start putting their fitness at a higher priority. They may make drastic changes to finally feel free. These changes can be incredibly difficult to make, especially if a person has lived many years in a certain lifestyle.Feeling stuck is NOT fun. I've been there. I get it. People feel stuck once in a while. There are many causes of feeling stuck. Many people work toward goals that don't actually align with who they are at the core or what they truly desire. I call these "False Objectives".Living a life of False Objectives can cause people to feel very stuck and frustrated. People can build lives that are very "successful" according to society; but if you've built your life based on False Objectives, you're not going to feel fulfilled. You'll end up feeling stuck.Another cause of feeling stuck is not knowing who you are. If you don't understand how you're innately wired - your strengths, your gifts, your talents, your passions - it's tough to make decisions that enable you to maximize those. It's tough to reach your full potential if you don't know who you are.You can feel stuck if you're doing work that doesn't allow you to maximize your innate strengths. If you're doing work that doesn't bring out the best in who you are at the core, you'll likely feel some dissatisfaction and you won't reach your full potential. Other people feel stuck because they haven't surrounded themselves with mentors or peers who have achieved what they want to achieve. They stay in certain routines while craving to do life differently. As Jim Rohn says, "You are the average of the 5 people you spend the most time with." If your goal is to run a marathon and you're spending most evenings and weekends drinking beer with your coworkers, you're probably not going to run that marathon. If your goal is to live a location-independent lifestyle and work anytime from anywhere, but everyone in your social circle is at traditional jobs, it'll be tough to break free from the 9-5 mentality. How Feeling Stuck Screws You up Secretly Feeling stuck screws up people's lives. The consequences of feeling stuck can range from mild to severe. People may feel a mild discontentment with life and end up succumbing to the idea that life is "okay," and settle. (Nancy's story will resonate with you.) They may never reach their full potential, their highest levels of happiness and satisfaction. And they may not make the impact on the world that they could make, and have a looming sense that there could be "more" to life.Often, though, the feeling of being stuck comes with much larger consequences. Feeling stuck can hinder career growth and contribute to disrupted marriages. It can lead to huge midlife crises.The feeling can (and frequently does) increase as the years go on, leading to significant regrets about unfulfilled dreams. In fact, the number one regret of the dying, according to Bronnie Ware, a palliative care nurse, is, "I wish I'd had the courage to live a life true to myself, not the life others expected of me." She writes: "This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Many people had not honored even a half of their dreams, and had to die knowing that it was due to choices they had made, or not made."Approaching Life Differently Thankfully, some highly effective strategies can prevent you from feeling stuck. Using these strategies can help you avoid significant problems in your life. It's different than conventional living, and it works. Commonly, people live with many set routines. While certain routines are helpful, becoming stuck in the daily grind routine can get frustrating. Many people eat roughly the same foods each week, go to the same place each day, talk to the same people, keep the same commitments, and end up living life on autopilot.It's tough to feel like you're progressing forward when each day is spent doing the same uninspiring routine. In order to avoid feeling stuck, it's important to live intentionally. It's crucial to live in the driver's seat of your life and get out of autopilot mode.First, ditch the False Objectives. Just because everyone in your family are doctors doesn't mean that's the best path for you. Just because all your friends are married with a big house, a white picket fence, and 2 kids doesn't mean that's the best path for you. Just because everyone you know works 9-5 doesn't mean that's the best path for you. It's not easy to design your life intentionally, but it's critical in order to avoid feeling stuck.Remember, the majority of people feel stuck. So, if you're doing things like the majority of people, you'll likely feel stuck, too. You'll need to think differently and create your life differently. 2 Questions to Ask Yourself Every Day In order to intentionally design your life, avoid falling prey to False Objectives, and prevent feeling stuck, there are questions to ask yourself every day. These questions can help you stay focused on what matters most to you, help you avoid feeling stuck and frustrated, and create the best life possible. 1. Why Am I Going to Do What I'm Going to Do Today? If you're showing up to work each day and giving your years to your job, it's important that your "why" is deeper than "to pay the bills." Knowing why you're doing what you're doing can help you make choices that inspire and motivate you.By asking yourself why you're going to do what you're going to do today, you will be living intentionally. In today's incredibly busy, easily distracted world, living intentionally and focusing every day on what matters most is unique.When you choose to ask yourself why you're doing what you're doing every day, it will help you stay focused on what's truly important to you. This can prevent you from getting stuck. 2. What Would Future Want Me to Do Today? Imagine yourself, in the future, as the best version of you. What would that version of you want you to do today? Making decisions from the viewpoint of the future you can help you move forward and prevent the stuck and frustrated feeling. When you make decisions from the viewpoint of future you, you will develop perseverance and reap the benefits of delayed gratification. Today's society is very focused on instant gratification, but a lot of great things in life take time and effort. Learning to take small steps forward by making decisions from the future you's standpoint can help you progress toward your biggest goals and dreams. 4 Steps to Get Unstuck After asking yourself the two questions, work on the plan to get unstuck. I've personally tried these strategies and they work for me. 1. Choose Goals You Truly Desire to Accomplish This might sound obvious but we all get sucked into False Objectives at times. When you're setting goals in your career and your personal life, make sure they are goals that matter to you.Working hard toward big achievements that don't align with your values, priorities, and who you are at the core is a fast-track toward feeling stuck.Learn about your strengths, your gifts, and your passions. Choose goals that align with who you are at the core, and work toward goals that align with your inner strengths and gifts. This will help you maximize your potential and minimize the stuck and frustrated feelings. 2. Watch Your Mindset Often, we think we're stuck, but the problem is our mindset. Being mindful of our mindset and self-talk is important to living a life of freedom and fulfillment. Work on rephrasing your self-talk in order to improve your mindset.For example, if you tell yourself, "I could never start a business," rephrase it to, "I don't know how to start a business YET, but I can learn." If you find yourself saying, "I don't have enough money to travel," tell yourself, "I don't have the money right now, but I can make a plan to save money to travel. Rephrasing your self-talk can help you see opportunities and possibilities instead of feeling stuck.Occasionally, even the most driven people have days where they feel unmotivated. Check out this article for tips to get motivated when you feel like doing nothing: What Motivates You And How to Always Stay MotivatedThose tips can help you break free from the rut. 3. Get out of Your Comfort Zone and Add Some Excitement to Your Day Shaking up your daily routine and adding some excitement to your days can help you get unstuck.While breaking out of your daily routine can be uncomfortable, it can be a great way to invigorate your life. You can start by getting out of your comfort zone in small ways. Here are 10 ways to step out of your comfort zone and overcome your fear. As Brian Tracy says, "Move out of your comfort zone. You can only grow if you are willing to feel awkward and uncomfortable when you try something new." Getting out of your comfort zone and experiencing growth can help you to move forward and prevent you from getting stuck. 4. Surround Yourself with People Who Have Done What You Aspire to Do It's easy to get stuck if you're trying to accomplish something and you're struggling to believe it's possible to accomplish it.Instead of letting yourself be isolated and stuck, commit to learning from people who have done what you aspire to do. This can help you believe it's possible to achieve the same goals. It can also help you to be inspired to progress forward instead of staying in stuck-land.You can seek out a mentor, or even read inspiring books or listen to motivating podcasts by the people who have achieved your biggest goals and dreams. Final Thoughts It's frustrating to feel stuck. But you don't need to stay stuck if you know the right ways to break free from the rut.Practice living intentionally by asking yourself the 2 critical questions: Why am I going to do what I'm going to do today? What would future want me to do today? When you constantly reflect about what you truly want and whether you're doing the things that lead you to what you desire, you'll feel less stuck gradually. More to Help You Get UnstuckFeatured photo credit: Kristis Luhaers via unsplash.com why do i feel so burned out. is it normal to feel burned out. why do i feel burned out. why am i feeling burned out



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