

**[00:00:00.410] - Matt**

Welcome to A Cup of Growth, your very own adulting survival drink. Get ready to tune in and navigate all the juicy bits of your twenties with us. So sit back, relax, and let's ride the struggle together.

**[00:00:15.090] - Cass**

Hello!

**[00:00:17.570] - Mags**

Hello!

**[00:00:17.890] - Cass**

How are you, Maga?

**[00:00:19.490] - Mags**

I'm good, how are you?

**[00:00:21.510] - Cass**

Not too bad, not too bad indeed. Welcome everyone to another episode of A Cup of Growth. Welcome to season two. We're officially in season two.

**[00:00:41.150] - Mags**

Yeah boys!

**[00:00:41.710] - Cass**

Yeah. So, we have a lot of exciting things coming. One of them, in case you haven't noticed yet, we've rebranded. We've rebranded. So, we have a new logo-

**[00:00:56.250] - Mags**

A Cup of Growth got a brand new look.

**[00:00:58.210] - Cass**

Yes, we glowed up because it's hot girl summer, so it has to be hot girl podcast, you know what I mean? But yeah, we have very exciting things. If you've been subscribed to the newsletter, you probably would have gotten a sneak peek from Maga. But we hope that you're excited for season two and that the new rebrand got you hyped up. But we have new topics, we have loads of things to share, new guests down the line and yeah very cool things this season too, don't you think Maga?

**[00:01:42.390] - Mags**

Yeah, I'm very excited for this season's topics and what it brings. And we're kind of going in a more different not more different, but we're exploring a different range of topics than we did in first season, which I think we're both really excited to cover because it's like- I mean, stuff in season one as well, we loved doing. But I think season one was a bit of our experiment where it's like we kind of dabbled with everything. We're trying to figure out what it is we want to do, what direction we want the podcast to go in. Whereas with season two, I think we've got a bit more of a clear direction, and we're going to talk about what is it more like being an adult in the wider world rather than just looking at ourselves inwards and yeah, so I'm really looking forward to that.

**[00:02:46.840] - Cass**

Yeah, I mean, we'll still do some introspective work, but as anything and what we've said since episode one, this podcast just represents our journey and our growth, and I think that from season two, we'll see the- what's it called not the updates but like the progress. We're moving on levels like Pokémon, do you know what I mean? But yeah, on today's episode though, to start us off fresh from season one, we have burnout to talk about Maga.

**[00:03:32.710] - Mags**

Yeah, this comes quite nicely after the discussion we had with Mabel where we discussed finding your dream career, dream job, making sure you feel fulfilled in what you do and how kind of to find purpose through the work you do, I guess. And so this I think comes quite nicely when it's on the opposite end of the scale, when maybe burnout is a bit of an indication of you're not doing things that are quite fulfilling or maybe you're taking on too much at once and your body simply was like 'I can't do this anymore'. And I think it's something like a lot of people who come into work for the first time experience quite a bit because obviously it's so jarring to go from the world of education and stuff to the world of work. And I think some people can get drained by that very quickly, myself included. But then I think as well, it'd be interesting to explore just life burnout in general when you just don't feel like you have a purpose or like you just feel like you're in survival mode kind of thing.

**[00:04:57.020] - Cass**

Yeah.

**[00:04:58.270] - Mags**

So this is what we're going to be discussing today.

**[00:05:04.450] - Cass**

But we've talked about a lot about burnout and all of these things. But Maga, for anyone who doesn't know what is burnout?

**[00:05:17.590] - Mags**

Do I do the live Googling?

**[00:05:19.230] - Cass**

Oh, do that.

**[00:05:19.980] - Mags**

Let's do the live Googling. Okay: burnout is a state of physical and emotional exhaustion. It can occur when you experience long term stress in your job or when you have worked in a physically or emotionally draining role for a long time. Common signs of burnout include feeling tired or drained most of the time, feeling helpless, trapped or defeated. So, I guess it's kind of like a general state of being where mentally, physically, emotionally, you feel very tired and just exhausted from being exposed to so much stress for a long time that it's almost your body has gone into survival mode where you've just been doing the things routinely without really thinking about them. But then eventually you're like- you've like basically just you've ran out of fuel to do anything else because you've been speeding through things without really having time to sit back, relax, reflect. And your body has been on overdrive, and it's now telling you 'I need to fucking rest. I need to go to bed'. But then also the negative thing that comes with that is obviously you get this feeling of helplessness, of nothing really brings you joy. It's kind of like, I want to say a mini-depression. It's like an appetiser for depression because obviously depression is a very- is a more serious mental illness, as Cass knows. Not outing you at all.

**[00:07:04.950] - Cass**

But yeah, I feel like it's very interesting how you mentioned in the intro that how kind of like we shift from burnout from when we're in education or when we grow up and stuff so connected to that Maga, when do you think- did you have your first experience with burnout and did you know that it was burnout at the time?

**[00:07:28.190] - Mags**

Okay, so I kind of did a little bit of thinking on this because I was trying to look back at experiences and figure out whether it was more like an anxiety/minor depressive episode or whether it was actually burnout. And I think the one time I did get it was last year after I finished my six-month

Kickstart Scheme. And it was like 'now I have to look for a full-time, permanent proper job'. And I just remember this feeling of like, it wasn't like I didn't feel sad and, like you do with depression, I didn't feel hopeless or anything. It was just more like I just wanted to do nothing. I just wanted to be in bed all day. I didn't want to talk to anyone/I didn't have much to say to people. I just feel like I- I just didn't have the motivation to do anything. And it's like, even if I if I knew like, for example, if I tried doing one of my hobbies like playing piano, I knew that was going to be good for me. But then when I would finish a piano session, for example, it wouldn't make me feel fulfilled or satisfied. Like it didn't have the same effect like it usually would. And I was like 'this is kind of peculiar'. And it just feels like you try- and then I tried doing good habits, like working out or eating a bit better, getting proper sleep, blah, blah, blah. And it's like none of that was working either. So, I was like, what the fuck? But then at the same time, I was like, I don't feel depressed because it's not like I'm in a job. I allowed myself to take a little break and stuff. Like, I even went on holiday like straight after I finished that job. And then I came back and I was like 'oh, I'm so motivated to do things'. And then in fact, my body was like 'no, we're not. We are not'. I'm going to describe how I felt I guess because I think burnout can be different for everybody. But basically what my days looked like was I had no routine, like no alarm set. I just wake up, go to bed at whatever time I felt like here often, not very good times like going to bed a bit later, waking up a bit later. And then I would just start wearing my day with no direction, no goals. I wasn't in the mood to do any job searching or anything, any work, anything that you want to say is traditionally 'productive'. And I would just go about my day. And all I wanted to do was just watch content. I just wanted to consume. I just wanted to put my brain to the side and just let people just entertain me. Because obviously nothing I was doing for myself was working. But then, obviously we know that watching TV all day, watching YouTube all day, going on social media all day, is not good for you either. So, it kind of only made things worse, and I was stuck in this cycle where I wasn't even taking care of myself. I wouldn't shower as much as I usually would. I wouldn't do all my self-care routine. I wouldn't work out, I had an awful diet, and I wouldn't go outside the house, I wouldn't see any of my friends except for Cass because she would literally force me if she could but also you know Cass is an exception. I always have energy for her. And then I just wanted to basically stay in my room, in my bed, on my computer, on my phone or on my TV all day. And I was just exhausted. Like I didn't have the motivation to do anything even. I didn't have the motivation to do the things I love which is like reading and like piano, and I don't know, whatever the things. So it's basically I kind of fell out of a routine, had no routine, was constantly exhausted and none of my hobbies or good habits were doing the trick. So, that's how it was for me. I'm going to pass the ball to you now, Cass, because I feel I'm losing my voice I'm like-

**[00:12:36.490] - Cass**

Drink water, girl. Before you start wheezing. Maga is battling her allergies, so if there's an unexpected wheeze, it's not a dying animal, it's just Maga controlling her asthma.

**[00:12:58.730] - Mags**

Quite literally.

**[00:13:00.570] - Cass**

But, yeah, I guess in terms for me, I think since the last time we've talked about this, in preparation for this episode, I've done a bit of thinking as well. And I realised that I had burnout before without knowing it was burnout. I feel like- the term of burnout didn't get in my brain until very recently, I've seen a couple of years ago and stuff during university. But I feel as well, that even though I thought, for me, when I think of being burned out, it's just feeling drained. Like Maga kind of said before, it's like feeling drained of energy and stuff. But I've noticed as well, thinking back on my experiences and stuff that I have levels of burnout, so I can feel tired like any other person. I'll feel tired physically or from doing some type of effort in some activity or in some type of event or environment or whatever, but then I'll have mini burnouts, medium burnouts and big burnouts. So, mini burnouts for me would be like having anxiety and being stressed and kind of like focusing on that for too long, like more than necessary, like hyper-fixating on a situation or a feeling and being drained by it, but then getting out of it because I got distracted by something else. For example, that would be like one thing. Like a medium burnout would be like what I would consider my teenage years when studying it's like 'I am tired because I'm putting my brain to the test by memorising textbook upon textbook and trying to cram things for an exam'. And then I would classify like a big, heavy burnout, anything that's related to anything that's emotional that triggers me emotionally and manifests physically. And that's when the drainage of energy comes for me. And then that manifests into me not having energy for anything. And for me, I can say very easily that I get burned out from work. And this was an easy example for me to think about. Being burned out from work is when I got burned out from working in Amazon. But for me, if I think about the actual feeling of burn out, like burnout, for me, it's everything that causes me some type of emotional not catharsis per se, but some type of emotional response, which is like having an argument with someone or falling out or something like that. Because the thing with me is that your girl doesn't let go. I can hold on to a grudge for five years and not let go and still say the same shit to Maga over a phone call every time. That- to be fair, that's tea but for Maga. But for me, it's like being so kind of trapped in a feeling that kind of manifests in my relationships with someone else or it bleeds into my hobbies, it bleeds into my work because it's so toxic to me. And that can be like- not a breakup as in a relationship, but if I've had a very bad argument with my boyfriend, it will show. If I've had a breakup with a friend, it will show. I'm still not over some of my friendship breakups. Maga knows how that goes. But for me, it's being so in the dark with that feeling that because I am so hopeless in that feeling, it manifests into everything else. Which means I will physically and mentally disconnect from every situation I am faced. So, if I'm at work, I will disconnect. Like, I'll be there in body, but I'm not there in soul or in mind. I'll be talking with someone, and it's not registering. Like my bitch face will come on strong because I'm not there, you know what I mean? And nothing will bring me calm or release. And for me, getting released for something is like listening to my heavy metal, staying in bed, watching at the ceiling, just like vibing to my rock bass. And that will do me fine. But for me to not be released of my emotions that way, that's bad. That's bad. And I'm very much like Maga in the sense that when I disconnect, and I hermit- for us, hermiting is very different. But disconnecting from something and for us just staying in bed all day because there's no energy in any sense of your body within you, it's a big thing for us and like, I would be the same as Maga like I would have zero energy to talk with my mom or with my partner or any and like- Maga says that she has energy for me, right? But Maga knows that when I'm really burnt out like I'll send her a message I'm like 'I cannot talk. Reach me another day. I'm not here. I need to deal with this in some way'. But I will know that those emotions and that feeling of burnout will linger. Like the heartbeat of the explosive emotion, let's say, will last me like a week or two or even a month. And then I'll know that it hasn't left for a long time if I'm still fixated, or it keeps triggering me down the line. So Maga knows a lot about this, but it will be very easy for me to get triggered by it and then be burnt out from the thought of it again. And that's how I know that I'm still burnt out from that feeling. So for me, it's more drainage like emotionally, and then triggering

everything else. It starts emotionally, then it goes to mind, and then physical and spiritual. And I'll be the same with Maga as in I'm the type of person that I can very easily write about my emotions if I don't listen to music. Like, that is like last resort, like listening to metal and just feel that explosiveness. But I used to be very good at journaling and all of my poetry from university would be all about how I was feeling. And all of my short stories would have some type of- you know bleed from my emotions and stuff. But it's come to a point where I know that I'm so burned out that I cannot write anything on page or on my phone or on my computer. There's no way for me to know how to start untangling the mess that is my emotions in that situation. And so that's how it is for me. It's very Wattpad. Yeah, I mean, Maga how did you know that you were experiencing- like, I think we've talked about how you've experienced burnout and how you've identified that it's not anything else. But what were your symptoms, apart from the early symptoms where you realised that it wasn't burnout? Not necessarily that you were just lying in bed and you were drained and stuff? What were the first symptoms that you first started feeling? And how did you then, down the line, realise that it was not depression or your anxiety?

**[00:21:26.970] - Mags**

Yeah so, I think the first thing was the first I guess symptom was definitely like things that I knew would make me feel better didn't make me feel better anymore. So, things like playing piano or reading, like I've said before, none of it worked. It's like I didn't leave the activity feeling more motivated or more inspired or more calm. It was just 'okay, we did that. Now what?' kind of thing. Another thing was just kind of like physically, it was like lethargic. I was so tired. I felt very weak, but not in a way that I was ill. It's just like I felt weak like I had no strength for nothing. I felt very clumsy. A bit random. And then obviously very tired, just like just generally tired. And it's like even if I did my bad habits, it's like they still made me feel better than the thought of having to do to find a motivation to do something that I know will be good for me, if that makes sense. And in terms of anxiety and stuff, weirdly enough, experiencing burnout kind of gave me this complete apathy for life that I was like 'fuck shit, I'm not fucking anxious about this anymore because I just don't fucking care', right? But I know that deep down I was still like stressing because obviously I had a to-do list that was piling up, and I had obligations that were piling up. And I still had goals in the back of my mind that I wanted to achieve, but I didn't have the motivation for them. But then I was like 'I don't fucking care. I am just going to do what I want to do right now, which is just to stay in bed and go on my phone or watch YouTube or whatever'. So in a weird way, it's like I didn't stress about the little things that I usually do on a day-to-day basis with my anxiety. It was more like I couldn't give less of a shit like I'm too tired right now to even think about my anxiety anxietying, if that makes sense. But it wasn't in a healthy way, obviously. It's like I was dismissing my anxiety but for all the wrong reasons. It's like I wasn't actually dealing with it because I was still suffering with it. So, obviously it didn't help with anything. So, it was in no way, shape or form a coping mechanism. So, don't get any ideas to think that burning out will give you this apathy that you're just like, even my anxiety doesn't worry me anymore because it'll come back. It'll come back when you get back on track. But yeah, what about you? Because I know, obviously you do quite a lot of depressive episodes from time to time.

**[00:24:47.880] - Cass**

I do do them. I do do them.

**[00:24:49.730] - Mags**

But how did you but how did you know it was like obviously that how did the symptoms from depression differ to your burnout symptoms? And do they merge? Or do you have a different experience when you're depressed than when you're burnt out?

**[00:25:12.470] - Cass**

This is very interesting because for me, if I were to talk about- the thing is, if I talk with Maga about my depressive episodes and me feeling burnt out like because she knows me, and she gets my logic on things, she knows which one I am, depending on how I am expressing myself in that situation. But I feel like if I talk to anyone else about my burnouts and my depressive episodes, they will say that I'm just depressed because I feel like I'm a very emotional person. I'm an emotional creature, guys. I'm an emotional creature. And so for me, everything gets triggered emotionally that's the first thing that will happen to me is through emotion. And it's very for me especially because I know myself, I know when I'm burned out and when I'm depressed. And it all goes to my three categories of burning out that I mentioned before. But sometimes, depending on the situation or what triggered me to be burned out, I will have a hard time figuring out if I'm either or. But it's very likely that I will be both if I'm burned out, and if I have a massive burnout. It will trigger me because I will be so depleted of everything else that I will be so empty that the only thing that will be left is my mental health. And we'll be like, we're empty and sad. Empty and sad. We're going into our emo era hard today. But I feel like when I'm experiencing burnout- I have this analogy, right, for my burnouts, for when I know what are my first symptoms. And at first, I thought it was like, you know, in the Emperor's New Groove, like how Cronk has his little angel and devil, right? I thought that and that my little devil was the one that was, like, talking me into things, but I feel like I'm more Lizzie McGuire, and I have like an animated version of myself telling me shit. And so it's like what Maga was saying before. Just let me explain. So basically, you know how Maga was saying before about how she knows she has things to do, but she's so done with things that she won't give a shit? That's my mini-Lizzie Maguire version of myself. For example, I'll be like, for example, I'll be having a mini burnout like I had last week because I worked too many hours last week, and I only had a day off. Not this past weekend, the last one. Not that it matters in this situation, but just so you know. So I had one day off in that weekend, and then the Monday came, and I have a whole routine for the mornings. And Maga knows this, like my main character routine happens in the morning because that's how I get hyped for my day. And I usually wake up straight off, turn off my alarm right as soon as it sounds, and I always wait for my mom to go to work. And in those five minutes between when I wake up and my mom leaves through the door, I have like a five minute- I have a five minute period where I drink my water to wake me up. And I also have a small five minute period of gratitude where I kind of like meditate, and I'm like 'okay, girly's alive. Girly is waking up for another day. Girly is ready for the day'. Do you know what I mean? Like, I have this small pep talk, and when I have my mid burnout, mini me Lizzie McGuire edition goes 'girl, you don't give a shit about today. You don't want to do yoga. You want to stay in bed. You don't give a shit if you want to do your routine. You just want to stay in bed because you're tired. Don't bother. Why bother? Why bother? Just stay in bed'. And I'll be like 'yeah, you know what? I'll just stay in bed. I'll just stay in bed another 15 minutes watching YouTube', which will turn out into another hour that was supposed to do my yoga, have breakfast, shower and start doing my makeup. But then I'll cram, get to the toilet, brush my teeth, wash my face, start doing a half-assed face skin routine, and then slap on some makeup, choose something from my wardrobe to

wear to work and just walk out the door with no self-affirmations, no badass playlist playing while I'm getting dressed. Nothing. I'll just be like 'yeah, fuck it'. You know what I mean? So that's in my mid normal burnout when I'm just tired, right? And that's how I know when I'm kind of burnt out. Because if I'm feeling depressed, I would feel like- for me, feeling burnt out and depressed is like wanting to cry, but you just feel your soul cry. You don't physically cry. You're just, like crying in the inside you know like, very like Jane Austen 'Pride and Prejudice'. My soul cries for you, do you know what mean? Like, that's how I feel when I'm depressed and burnt out. But if I'm only feeling burnt out, I know it's because Lizzie McGuire edition of me is being like 'bitch, you don't care. You're too drained. Why do you care? Nothing will bring you joy. Don't worry, you don't you care.' And it's kind of like something that Maga and I talk a lot about, and it's because I know that I won't get a reward because I won't care about the reward. And so that doesn't motivate me to do anything that I want to do, and that's how you know I'm burned out. And yeah, that's kind of like the first symptoms, I would say. I'm getting talked by my mini version of Lizzie McGuire, and I won't give a shit about anything because I'll be like 'well, it'll be better tomorrow', but it's never better tomorrow, guys. Yeah.

**[00:31:36.810] - Mags**

No, I see what you mean. Like, it's like you have this inner voice that's like I guess it's almost like your depression nagging at you, being like 'no, today we're not going to do this' kind of thing. Yeah, it's kind of how I imagine that almost.

**[00:31:56.630] - Cass**

Yeah. But then when I try to get out- we'll talk about this later on in some of our pointers, but when I try to get out of my burnout, I'm just know mini Lizzie McGuire is just doing it for the plot. Like she's just doing it for the plot. Fine. This is part of the season, you know what I mean? But yeah, moving on to the next bit, we've talked about triggers, but what do you think Maga triggers you hard for you to feel burnt out?

**[00:32:35.650] - Mags**

Okay, so I think there's two main things for me. Number one is there's been too much emotional stress in my life. So I don't know, I've had maybe a breakup, whether that be friendship or relationship, maybe conflict within my family or just friends or something, or just like being having seen people too much over a long period of time, whether that be at work, social events, whatever, and it just gets too much. But usually it's more in a negative sense. So, I've basically just had too many negative experiences with the outside world and with people that it creates a sort of numbness in me that I'm like, I can't do this anymore. And it's like I almost just shut down. Or the second thing, which I think is the thing that happens to me the most and the reason why I got burnt out last year was trying to do too many things at once. Obviously because then I'd finished my job, so I was trying to job search, but at the same time I wanted to upskill and at the same time I don't know why I wanted to learn Italian. And then at the same time I had to maintain all my friendships and then I'd literally just gone on holiday, and I was already going to go on another holiday in like two months' time. So, I had all that to plan for. And then I was trying to find other ways to make money while I was job searching, and then I was doing an online philosophy course, and then I was trying to



read, and then I was trying to obviously maintain my hobbies. And I was like 'girl, give yourself a breather'. There is just too much going on that- I just gave myself too much to do on my to-do list. That it unmotivated me. And as you said, a lot of these things that were on my to do list weren't going to give me an immediate reward or immediate gratification. And so I was just like 'what's the fucking point?' You know what I mean? I might as well just stay in bed and not deal with it. I'd rather do that. And then it's like procrastination slowly turned into lack of motivation, which slowly this procrastination bled into other areas of my life like exercising and physical habits like taking care of your diet, sleep, etc. And it started bleeding into all these other areas of my life and I was like 'yes, I'm done'. So those are my triggers. What about your triggers?

**[00:35:17.340] - Cass**

I kind of- it's pretty much the same. I think, for me, your second one, which is like trying to do so many things at once knowing that I have things in my head that I haven't sorted out through, so being overwhelmed by emotions and then still trying to do so many things. And I'm the type of person that works too much. Like Maga knows that throughout uni I was a workaholic, and I love- and I love to be busy. That's how it is. I love to be busy because that's how I feel like I have a purpose, and I feel like I get a reward if I do loads of things, then I have different types of rewards to satisfy me. But for me, it's like not being able to process everything at the end mixes so much. You don't know where it starts and where it ends. And then I like most people like to solve my problems by going to sleep, if not by doing music or listening to music or writing. It's just like yeah easiest way, just go have a nap or have an early night and go to sleep. And I would know that the thing that triggers me the most is waking up the next morning or after a nap and still feel tired because my mind isn't resting and because my mind is so active by stressing over things, I'll have very vivid dreams or nightmares about things that have triggered me in the past, and I'll be pissed off right from the get-go the next day. And because I'll be mad the next day, that will be my theme for the whole day. I'll choose violence from the get-go, and I'll feel numb to everything else, so I'll be a pure bitch from the next day. And I won't give a shit when I usually give a shit about a lot of things, but for me to not give a shit and just be like 'yeah, you're a right one. You can go and do one', you know what I mean? That's what triggers me. And the thing that triggers me is that I know I'm doing something wrong because I am tired emotionally and mentally, but I'm letting animated Lizzie McGuire version of me to just manoeuvre my body and choose violence for the day. That's how I because I haven't- Maga knows this. Maga knows that I need my sleep, right? For whatever reason, I need my sleep. If I don't get my sleep, you can hide from me to the ends of the world. You'll still feel my wrath. You know what I mean? No amount of food or pot noodles will solve the problem. And that's how you know. That's how you know. And also, my bad habits will trigger it. And just like Maga and yeah- I'll just do everything contrary to everything I want to do. All those good habits let's turn them bad for the day. It won't make me feel happy, but-

**[00:38:38.210] - Mags**

Spice it up!

**[00:38:39.160] - Cass**

Literally. Do it for the plot, see how it goes. But yeah, so that's me. But Maga, I think you've touched upon this, I think, with the first question after the definition or something. But do you think everyone feels the same when they're burnt out? Because we say that you and I feel quite the same, because to be fair, we're kind of the same. We have very similar personalities. We've been best friends for a long while. We're both air signs, and we're compatible, so we feel the same things. But do you think that's the only reason why we feel the same? Or do you think that's just like, different, but we just have a very big empathy for each other because we love each other and stuff and we realistically feel differently?

**[00:39:33.990] - Mags**

Yeah, I definitely think people experience it because- you can have shared experiences with people where it's like it's similar or whatever, but I think you'll always have your own because our feelings are very personal and subjective. So, I think you'll always feel it differently and experience it differently than the next person. But what I sort of noted, just from observing people in my life and then myself and then other people on the internet that have spoken about it, is that there are some people with burnout that are quite passive. So, this is like people like us that will hermit, recluse, want to sleep, not participate in the active world, just rest. And then there'll be the people that, and maybe I think these are more likely to be people who don't realise they're burnt out, they're going to be more reactive. They're going to be irritable, they're going to be like almost have so much anger and be taken it out on everyone else. And they will just you can tell that they're doing the work, but it's not the same quality or with the same passion as it used to be. And I noticed that with more the older generation that not very familiar with this concept of burnout and are not very in tune with their minds and themselves. And they're more likely to just push through it, just thinking it's just stress at work or like stress in the family home stress looking after children and stuff. When in fact it's like 'no, you're probably, because of work or whatever stressful situation you've been exposed to for too long, your body is telling you I need a break, or I need to do something else that's different when I come home from work, or I need a break from the family home' or whatever. I just feel like they're more because obviously they're not consciously aware that they're experiencing burnout. They tend to take it out on others, so they tend to pick arguments for no reason or be irritable. Or when they're in conversation, they take things personally or they have a lot of feelings of self-doubt, like a bit of imposter syndrome, I want to say. But then you also do notice they do I want to say passive things, which is like they don't do anything outside of work. They just come home, and they just go on their phone or go or watch TV. They don't try and do something else, they don't try and engage in a hobby or socialise or anything because they think it's just stress at work and it's just another stressful day at work or another stressful day at home or whatever. And obviously this is like what I've observed, especially the dichotomy between older generations and younger generations. I think we're very passive and if we know we're tired, we're going to give ourselves the space and time to rest because we're very in tune with our bodies. And so we know when emotional manifestations become physical and when physical manifestations become like mental or emotional. And so we are more likely to maybe take care of ourselves, which the way we do that in burnout is just by sleeping or like, staying in bed all day and not doing anything. Whereas I feel like the older generation, because they're not very familiar with that, or they're less likely- it's a bit of a generalisation, I'm not saying all people in the older generations like that, but from my experience, from the people around me, that's what I get. They're more likely to dismiss it, ignore it and actually make the problem worse over time. But then they're not very conscious of themselves to the point where they're taking it out on others. And I'm not blaming them for being horrible people or anything. If anything, you want to help them more

to realise that that's what they're experiencing. But older generations are a bit stubborn, so it's kind of hard to do that. But I definitely think there's not one singular universal experience of burnout. I think people just have it in different ways and it depends as well whether, first of all, they've realised that they're dealing with it and second of all, how they deal with it. Your thoughts?

**[00:44:27.200] - Cass**

I think I agree loads with what you said about this because I definitely think that everyone has different expectations of themselves and that also kind of causes burnout when you cannot reach those goals or those expectations and that stress. And that kind of leads to imposter syndrome, like you said, and that kind of triggers more to whatever stress you have added on yourself. But I also think what you said about the generational- we always talk about generational trauma, don't we? But I think there's so much that we get passed on from older generations. And obviously when you're growing up, especially all these coping mechanisms, that's kind of like what you absorb the most from the people around you. And like what you said that I was very much like that. I will be the type of person, especially if I've had an argument and stuff, if I'm not very transparent with a lot of people. Not that I couldn't ever be not transparent with you, but it's the whole thing of 'are you okay? Yes, I'm fine'. The passive aggressiveness of trying to shield yourself from those questions and trying to be like 'yeah, I can deal with this for myself'. But in reality you can't, because like I said before, you cannot dissect each problem because you don't know where it starts and where it ends because everything is so muddled up together, and you try to push and push through it. And like you said, I feel like we've talked about this on our self-care episode, but it's such a phenomenon, really, to understand how your body works. And all of this self-care is also very much introspective, and it's very much your own journey and how you take care of yourself and all of that. And so a lot of people will burnout. And obviously we all have different experiences, we all have very different lifestyles, and we're very different people from other people. And although there are so many emotions and experiences that are so universal, whatever I feel in my experiences and what burns me out might not be what burns you out. And if I had to have you experience my very big burnout, you would probably experience that in a totally different way than I would because I don't think you would ever listen to heavy metal to get you through a burnout. Do you know what I mean? And so we all have different ways of coping. But I think it's very true that the whole self-care thing and being able to be attuned to ourselves and being able to identify what burns us out and how to deal with that is very different from everyone. Which leads us to the next section, which is Maga, how do you come out of a burnout? Because I know this will be dealt with more in our next blog post, but I think Maga can give a sneak peek of what it is-

**[00:48:04.390] - Mags**

Yes! I mean, we're also going to do an episode on this. I don't think it's next episode, I think it's the episode after. So like 13 or something. We're going to talk more about how we personally come out of burnout, ruts and stuff. But for now, as Cass said, I'm going to do a blog post on this in more detail, but we're just going to quickly whiz over it. But one thing that it's been proven, I think scientifically, I'm pretty sure to help with, if not, then it's just personal experiences said that it works is the seven types of rest. And these are I'm going to try and remember on the top of my head. These are physical, mental, emotional, creative, social, spiritual and environmental. Yeah, environmental is like a plus one kind of thing. Like, it depends. It kind of goes in with social kind of thing. But you can I

think environmental is also important to mention technically it's eight, but the official one is seven. But basically it's telling you to make sure that within those seven/eight categories, you do activities that engage with those different realms every day. And those will help you keep balance in your life and prevent burnout basically because you're doing good habits for yourself, for your physical self, for your emotional self, for your mental self, for your social self, for your spiritual self, for your creative self and for your environmental self. And it's like basically a holistic approach to helping you with your burnout. So there's things you can do physically, like exercising, having a good diet, getting good sleep and then obviously emotional/mental, it's things like journaling or talking to someone about your problems, whether that be someone you trust or a professional. And then creatively is like make sure you tap into your hobbies. You know if you're like me and Cass, maybe do some writing or whatever. A spiritual is having faith in something because I think whether it is a religion or not, or whether just something you believe in, like for example, me and Cass are very big believers in things like astrology and crystals and the power of just natural things like crystals and-

**[00:50:53.090] - Cass**

The universe!

**[00:50:54.710] - Mags**

Herbs, the universe, whatever kind of thing. And I think it's always nice to have a faith. And I think I remember doing this in psychology at A Level. But having faith just scientifically does make people happier because it gives them a purpose that is higher than them. Basically. It makes you have faith in life and in something bigger which nurtures your soul, in essence. I'll go more in depth on this more clearly in the blog post, but yeah, and then obviously you've got things like social and environmental, so making sure you're seeing your family and friends enough and making sure the environment you're in is promoting prosperity and motivation and good energy. So that's one way you can come out of burnout is just basically ticking all those boxes. Another thing I want to add, and I think this kind of ties in as well to advice for everyone out there is routines are so important to come out of burnout. Because as I mentioned, my thing that I did when I was burnt out, I had no routine, I had no structure. And that really fucks you up when you're burnt out because you're already not motivated to do things. So, if you don't have any structure to your day where you don't have a to do list or goals or intentions for what you want to get done that day, then you have no direction. And no direction means no purpose. And therefore you just kind of- obviously it's good to have a lazy day where you have a day where you don't plan anything, but because it gives you that relief from the structure that you usually have when you have a job and whatever. And so routines are so important because they kind of mentally prepare you for what you're about to do. So, for example, a night routine prepares you to start feeling sleepy and tired and basically promoting a good night's sleep. And a morning routine is supposed to motivate you for the day ahead to get you energy for all the work you have to accomplish today, motivation for the work you have to accomplish today and kind of almost like positive vibes to start the day off, so you're in a good mood and when you talk to people that energy radiates off you. So, routines are another thing. I would implement at least a night and a morning routine, even if for the rest of the day, in between those, you don't do anything. Start with that. It's so crucial because it will give you a bit of structure in your day. And even if that's the thing you achieve, and even if it's like ten minute morning routine, that is already so much better. And usually because you start doing these healthy habits for like ten minutes

in the morning that get you prepped and motivated for the day, you'll actually just naturally want to do more because you almost hyped yourself up to be like 'yeah, I'm going to get some shit done today' kind of thing. So, that's my advice. What about you, Cass?

**[00:54:04.580] - Cass**

I think I'm going to merge these with advice for our listeners. And first off, I will say that if you are burnt out and someone that's close to you is burnt out as well, or is dealing with something, I think this is an advice that we've given time and time again on this podcast. But know that you cannot fill someone else's cup if yours is empty. Fill your cup first and then you'll be able to give to whoever you want to give. And this comes with experience, I would say, of Maga and I being both burnt out and wanting to do for each other when we know we can't. And I would say that it's so important to have a support system or at least someone that you know you can talk to. Like, I usually talk with my mom first before I talk with Maga, but I know that I can get the hype that I need from Maga and Maga can get the hype that she needs from me. And we can both hype each other together to try and come out of a burnout and stuff, because we'll just run to each other about why we're burnt out. So, like I said, we'll try to dissect our thoughts and stuff and have an outside perspective to try to give a sense of what's happening inside our heads. And obviously, we're not saying that we're professionals, we're not each other's therapists, but we both need therapy, but you know, we're trying to do the work for free. But I would definitely say you know, again, it's so important to be able to take care of yourself. And like Maga said, when you're burnt there's, you blow away that structure you have in your life. And I feel like we've mentioned this before, but we've grown up with so much structure because we get structure from school and then when we get out of school and university or whatever, we find that new structure with work, and we get all of these routines like waking up to go somewhere and being in that somewhere and doing all of those stuff and then finishing and going back home and all of that. You get such a structure to your day. But if you're someone that is unemployed, for example, or has holidays from school or whatever, and you're just at home and you don't have a work to go to or anywhere to go to, if you don't want to be with your friends and you just want to hermit, by all means do. But the only thing I would say is to find an activity or something in your environment that you can do with ease. Like something so ridiculously easy. Like, I don't know, for example, not that I do this only when I'm burnt out, like I do this all the time. I will always have food in my room. I'll have a snack, or I'll have dinner if I want to watch something by myself or read or something or have a tea. And the most common thing, I think, is not being clean with your environment and just clutter when you're burnt out. Like, I have this where Maga knows this. I will use my chair as my wardrobe. All of my clothes will be on my chair, all of my shit will be on my desk, my bed won't be made, everything will be everywhere. And I would just suggest something ridiculous like, I don't know, putting your clothes away, or cleaning your desk, or putting dishes in the dishwasher or on your sink, in your kitchen sink, or I don't know, like making your bed. The biggest thing guys, which is ridiculous, is getting up in the morning and brush your teeth and wash your face, maybe have breakfast. Those are tasks that we take so for granted. But making those is already an achievement. Like you got out of bed that day. Even if you're burnt out or you're depressed or you're anxious, you got out of bed that day, and you did something. You know what I mean? You didn't just stay in bed all day. And we're not saying at all that you're not allowed to have burnt out days. Like obviously everyone can. You're allowed to. It's human nature to just feel absolutely done with everything, but find the littlest motivation to move you a little bit, even if it's one task a day to keep you going and find someone that you can talk to. And if you find it really hard to get out of it and you cannot cope, seek a professional, go to a GP or someone, seek help to get you through it. But know that rest is your right.

You can just sleep the day off if you want to. You can have a very lazy day, but even in your laziest day, you should have the littlest goals. Make yourself some food, brush your teeth, have a shower if you feel like it. If you don't, there'll be next day. You know what I mean? Drink water. Thank you, Maga. Drink water. Keep hydrated, especially in this heat. Keep hydrated, keep yourself- what's the word I'm looking for? Yeah, just eat. Keep hydrated and just find rest in yourself. And obviously just have a little hype prep talk with yourself. Just be like 'it's okay. It's okay for today to not feel okay, but we'll try again tomorrow and that's okay'. And that's my advice.

**[01:00:34.890] - Mags**

I think that's a beautiful way to end like tied a knot with our last little pieces of wisdom, I guess and advice. And end it on a positive note because burnout can be a bit depressing, you know. It's only temporary. Everything's temporary.

**[01:00:56.250] - Cass**

Precisely. Don't let the animated Lizzie McGuire version of yourself win. Just think it's for the plot. And tomorrow it will be a new episode, and you'll see where the cliffhanger left you.

**[01:01:13.190] - Mags**

Lol. But yeah, we hope you enjoyed this episode and hopefully learned from it, or just enjoy listening to us talk about our experiences and stuff. Do let us know if you've got anything else to say, if you want to share your experience with burnout or any tips with other listeners and ourselves of how you've dealt with it. And obviously do that through DMing us on Instagram or leaving us comments and feedback. Yeah and then-

**[01:01:56.770] - Cass**

Our social-

**[01:01:58.790] - Mags**

I don't know, I was kind of handing you the stick-

**[01:02:00.640] - Cass**

I'm trying! You interrupted! Our socials are Instagram @acupofgrowthpodcast, Twitter and TikTok @acupofgrowth. We have a website as well, which is acupofgrowth.co.uk, where you can find the blog posts that Maga and I work on, mostly Maga, that accompany our episodes. Also transcripts for the episodes in case you're deaf like me and you need subtitles. You also get to sign up to our newsletter, where you get to see all the exclusive and all the changes and all the things that are coming up in the podcast. Also, like Maga said, leave us a review and any feedback on socials or even wherever you listen to our podcast because that helps us better ourselves and improve our episodes

for you guys to better entertain you. But yeah, thank you for listening to our episode, and we've been you've been-

**[01:03:09.950] - Mags**

Listening to Two Girls and A Cup of Growth.

**[01:03:15.210] - Cass**

You see, that's a new outro, guys. Until next time, bye!