



EPISODE 003: Transform Your Relationship With Stress with Lisa Burchartz

So many of us struggle with cultivating a healthy relationship with stress we find ourselves falling into the trap of burnout, hyper-arousal and false productivity. We're praised for constantly working in an anxious doing energy without ever checking in with our nervous system or allowing ourselves to understand what the feelings in our bodies truly mean.

So what preventative measures can we take? Today I'm joined by the wonderful Lisa Burchartz, a Somatic Coach & Facilitator and Stress Alchemist who's here to help us transform our relationship with stress. We talk about how Lisa went from high-performing stress addict to understanding her nervous system and incorporating daily practices to help her maintain a healthy balance in everything she does.

We discuss:

- How understanding our inner experience and the stories we tell ourselves can be an essential leadership tool to avoid unhappiness and frustration in the workplace
- That we can't sweep our feelings under the rug! Ignoring our nervous system can often lead to them manifesting as physical illnesses
- Whether the "right question to ask" really exists to facilitate a healthy working environment as a leader?

Connect with Lisa:

LinkedIn: <https://www.linkedin.com/in/lisa-burchartz-she-her-296a973/>

I hope you enjoyed this episode of Evolve: A New Era of Leadership. To learn more visit my website: www.carolynswora.com or send me an email to support@carolynswora.com. I'd love to hear from you.