



Burnout

and your nervous system

Learn why your vagus nerve health should be
considered in burnout

www.releaseology.com

Ways You Can Use This Guide: Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



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**Thank you for
respecting the
hard work for the
author**

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Consult with a clinician in your care

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The Nervous System

Healing from Survival to Safety

Burnout isn't just mental; it's physiological. It lives in the nervous system, which governs your energy, digestion, sleep, and mood.

When we push past our limits repeatedly, the body learns that constant alertness is “normal.” Recovery begins when we teach it the opposite: that rest is safe again.

Stephen Porges’ Polyvagal Theory (2011) explains that our autonomic nervous system has three main states:

Sympathetic (fight or flight) - energized, alert, tense

Dorsal vagal (shutdown) - frozen, numb, disconnected

Ventral vagal (safety and connection) - calm, grounded, and engaged

In burnout, we oscillate between the first two — overactive or underactive. Healing happens when we strengthen the ventral vagal state.

Simple Nervous System Soothers

Research shows that even small, consistent regulation practices can lower stress hormones and increase heart rate variability — a key measure of resilience (Laborde et al., *Frontiers in Neuroscience*, 2017).

Try one or two of these each day:

Humming or Singing	<u>Rocking or Swaying</u>	Practice flowy wave-like breathing
Place a hand over your heart	Spend 10 minutes in nature	<u>Palming</u>

Want my ENTIRE vault of exercises, relaxation techniques and mindfulness with instructional videos on how to do each activity?! Purchase [my nervous system course here](#) for lifetime access to the vault!

Daily Practice: 60-Second Regulation

Take one minute, wherever you are.

Breathe slowly in through your nose,
out through your mouth.

Gently roll your shoulders and soften your jaw.

Notice three things you can see,
two things you can hear, one thing you can feel.

This simple grounding brings your body into the present moment — retraining your system toward the ventral vagal state (Dana, *Anchored: How to Befriend Your Nervous System*, 2021).

You can't heal from burnout in the same environment that burned you out. But you can create safety within yourself, anywhere.

My Nervous System Courses

The vagus nerve, is THE nerve responsible for how your body reacts to stressors based on past experiences. Improving it's signal and ability to resiliently flip between fight, flight, freeze and fawn and rest and digest will significantly decrease your ability to become burned out. Learn more about the how and why and how along with my most recommended exercises (or book a one-on-one session with me at www.releaseology.com/booknow)

Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$97 for lifetime access

Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

\$347 for lifetime access

Pay as low as \$60/month with a payment plan

Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$197 for lifetime access

Pay as low as \$35/month with a payment plan

Nervous System Coaching

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the [NeuroFIT App](#)
- choose your duration of commitment 1, 2 or 3 months

\$3000 per month

Pay as low as \$515/month with a payment plan

Want More?

My full Burnout Management Workbook goes through 9 modules on burnout, what causes it, ways you can reframe and actionable steps and reflection posts. Purchase it here

I have more in depth guides that will help walk you through your stressors and behavioral techniques to decrease stress.

For the most up-to-date guides, head to:

www.releaseology.com/stress-resources



Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.

HSA cards accepted in AZ only

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, anxiety, depression and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



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About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins. **And yes, these hands on techniques have been used to help clients with anxiety, stress, depression and more.**

Why Releaseology Is Different

- Root-Cause Focused: I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- Hands-On Techniques: From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- Rapid Results, Real Change: My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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