

'BURN-OUT' – HOW IT AFFECTED MY LIFE

By Lainey Ennis

Living in this world has taken on a very different meaning since my 'burn-out' in mid to late nineties. Prior to that I took my life, health and great energy levels for granted. I could stay up late, sometimes eat the wrong food and generally not feel the consequences. I was living life to the full.

Following a busy trip to Australia in 1993 for the celebration of the birth of my granddaughter, I returned to Ireland only to fall prey to 'flu which developed rapidly into bronchitis. This was the beginning of repeated bronchial infections. I could not help but notice my deteriorating health. Colds and chest infections became more frequent, sleep patterns were erratic and still I maintained my busy lifestyle.

In mid 95 I received a distressed phone-call from my younger son in Australia. He needed support badly. His plea came at an opportune time, as deep in my heart I knew I needed to take time for my own health problems. A few months later I arrived in Brisbane, Queensland to searing summer heat. I found a beautiful flat overlooking the Brisbane river, close to my sons and above the flat of an old friend.

And then, safely ensconced in my new flat my world fell apart. My health deteriorated further, tiredness overwhelmed me. I had symptoms of depression and anxiety and felt very vulnerable. Eventually I was introduced to an Ayurvedic doctor who diagnosed my condition as 'chronic fatigue syndrome' and recommended I immediately start a daily health regime based on Ayurvedic principles. He also recommended I enrol on a Yoga and Ayurvedic Nutrition Course he was offering which could provide the weekly support I required. This proved to be exactly what was needed to regain balance in my life - a course perfect for me!

The course and guidance provided by this Ayurvedic doctor became the main focus of my life. I knew in my heart I was in for a long struggle back to optimum health. Some of my old patterns were very strong as I endeavoured to provide emotional support for my son. It was I who needed the support!

More daily rest, dietary changes, daily yoga practice, regular exercise and meditation started to make noticeable changes. Excess weight was lost, bronchial infections stopped and very gradually my tiredness rescinded. My friend in the flat below proved to be truly a friend in need in my journey back to health. Slowly but surely I began to grow stronger, fitter and more peaceful within myself. It took three years!

From out of this challenging and life-changing experience I was inspired to create Aphrodite Soul Journeys – holistic yoga holidays to Cyprus and Andalucia, Spain and the ultimate in body, mind and spirit renewal. A week of restoring balance to the body through dedication to personal health with yoga, meditation, delicious healthy cuisine, exercise, great company and loads of FUN.

I now live in Dun Laoghaire, County Dublin where I have a busy practice.

I teach Yoga and practise Psychotherapy, Aromatherapy and Colour Therapy. I enjoy maintaining an Ayurvedic perspective in my life. At times I still work too hard, yet with the knowledge and wisdom I gained from this experience I have acquired more balance and inner peace.

Living in this World for me now is about paying close attention to my physical, emotional, spiritual and mental wellbeing. What I learnt through my health crisis I now offer to my clients and participants on health retreats to assist them gain insight into their own wellbeing.

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