Episode 65 Transcript

# How to Avoid Burnout with Marla Williams

**SUMMARY KEYWORDS**

people, burnout, life, meditation, stressed, drain, pause, zone, moving, learn, called, energy, vase, feel, calm, step, fearlessly, body, walk.

**SPEAKERS**

Janelle Anderson, Marla Williams

**Janelle Anderson**

Hello ladies, you are listening to Women Emerging Fearlessly. Did you know that four out of five women struggle with confidence and knowing who they are? This show is dedicated to helping women lead their lives with fearless confidence and to know how amazing they truly are. In this show, you will hear from women who are emerging fearlessly who have overcome many obstacles to pursue their dreams and passions. And they will inspire you and encourage you to stand up, step out and speak up. Be your authentic self and bring your true gifts to the world. My name is Janelle Anderson, and I am your host. If you enjoy this podcast, please leave a great review, and subscribe and share it with your friends. Enjoy the show!

**Janelle Anderson**

Welcome, everybody, to this episode of Women Emerging Fearlessly. This is Janelle Anderson here with you, your host and today I am bringing on a special guest. Her name is Marla Williams and she's a life and business coach. She's a newly published author, super exciting. Her book is called The Being Zone and its companion The Being Journal, Marla has transformed her own life from one of stress and overwhelm into a life she loves. If you are ready to transform your life into one full of happiness and intention, you are in the right place. So, we're excited today to have Marla join us. And she will share a few of her steps of how to avoid burnout by moving into the being zone. So welcome to the show. Marla, it's great to have you today.

**Marla Williams**

Great, thank you for having me, I really appreciate it happy to be here.

**Janelle Anderson**

Good. I love the topic because I think it's something that women and entrepreneurs or women in general, but we all kind of deal with that being burned out and stressed out with all the stuff we're trying to juggle every day. And you know, move forward and you know, not get stuck. So, I'm excited to have you share your, your genius, and your story and all the good stuff that you have. So, let's start off with you just telling us a little bit about yourself. What's your story?

**Marla Williams**

Okay, so briefly, I started in corporate America. And I was more of a Type A driven person that I learned beautifully from my father who I rarely saw when I was growing up because he worked so hard. So, it was role model to me, then my mom was a worrier. So, I had driven and worrying coming at me when in a corporate America and I was really driven, I worked on whatever hours it took to get the job done, never said no, and started getting stress related diseases. And the first time I went down because I went down several times, it was chronic fatigue. At that time, they didn't even know what it was it was before chronic fatigue became that famous word, that famous thing. And the doctor just told me to go home and rest. Well, all I could do is rest I was so exhausted, right? So, I had to figure out my own solution. And yoga, believe it or not, I heard an ad on the radio that said you will get energy from Oh, gonna go take me to this yoga class, I have to have energy. So, I didn't have it anymore. And sure enough, I started getting energy. So, I found my way back to health through yoga and meditation. But I'm one of those people, when you're fast paced and working that fast, it's hard to turn your brain off. And so, for me meditation, just sitting there and trying to not think was almost impossible. So, I learned things like walking meditation, walking through the woods being very present with what was surrounding me to be able to call my brain. And so, I went back to work. And I did really well doing the yoga and meditation for about 12 years. And then I moved in to, based on life circumstances, into a job that I didn't love as much I was used to leading groups and being strategic. And I saw some of that, but I was kind of by myself leading this project by myself more though, but working through the company, but I didn't like it. And when you don't like what you're doing, it starts to drain you. And so that was my second kind of time that I went down where I just wasn't happy. And in the very last time so it was my journey was a journey of different kinds of stresses and different types of things that burned me out and took me out. The last one was a bad boss. And when you're working in an environment with somebody you don't respect that treats you poorly or team, any team that maybe sabotages you or coworkers that you're not getting along with that drains you and all of those things can lead to burnout. So, when I finally left corporate America and went out to start my coaching business, you know, I had the experience in HR and with leaders in training and strategy. So, I'm a life career and business coach. But really the biggest part of my life transformation was learning how to be. And I can be now. I was a person who couldn't be. And I was a doer, not a be-er. I called it living in the doing zone and now I live in the being zone and I learned how to quiet and my words that I coined is the art of happiness is in the pause. If you can learn to pause, you will increase not only your happiness, but your creativity and your productivity. And I have all kinds of ideas and thoughts and tips and tools and techniques I share around that concept. So that's my story. And now I've coached 1000s of people to move from that burnout, stress overwhelmed state into what I call a blissful life. And the being zone.

**Janelle Anderson**

Don't we all want that blissful life? I've heard the saying before that we're not human doings. We're human beings.

**Marla Williams**

Yes, yes. In fact, that those words are in my book. It's so true. Yeah, and we, but the problem is, we all act like human doings.

**Janelle Anderson**

We do. And we're in this culture of go, go, Gg fast, fast, fast, do, do do. And we don't learn. They don't teach that in school. I think they're doing more of that. Now, I think they are teaching kids meditation. And that's super cool.

**Marla Williams**

Some schools, some places, but there's still this really driven thing about our society, and you do want to be successful. But what I have learned, the trick is actually in the pause, because when I drive all the time, you get tired, you get burned out, you can't think as clearly when you learn to be, and you operate in what I call the flow or in the zone, right? We actually are more productive, more creative, and everything works better.

**Janelle Anderson**

Yeah. Because then you're tapping into that creative part of your brain instead of the logical, rational thinking, or side. You know, that's why taking a walk or being in nature or anything like that, for me, is when I can tap into my creativity. I love what you said about the pause. Would you say that again?

**Marla Williams**

The art of happiness is in the pause.

**Janelle Anderson**

I love that, the art of happiness is in the pause.

**Marla Williams**

Yeah.

**Janelle Anderson**

Nice. The power of the pause. As a speaker, you know, you often hear about that when you're giving a talk or a speech, you need to pause. Because there's so much power or in music, music has pauses and rests. And that's what makes it so dynamic. And so, moving and so powerful. If you never had that pause in the music, you would get tired, your brain would get tired of hearing it, you need the pause for reflection for absorbing for feeling you know, and so.

**Marla Williams**

Yeah, especially because your thoughts become your reality, you know, from taking that a step further, your thoughts become things. So, whatever you're thinking, it's producing neurochemicals and your body lines up. So, if you're saying, Oh, I'm stressed, I'm overwhelmed, I'm stressed, you will be stressed. But if you're calming yourself and breathing, and telling yourself different messages, this will all happen with ease and grace, that is what's going to happen. You know, just like food, your thoughts can be either medicine to your soul, or they can be toxic. So, by getting in the pause, you end up with more medicine are more positive thoughts that take you the direction you want. So, with intention, you can move into a life you want and create a life you love versus feeling stuck in that overwhelm stress. Yeah, world that I used to. I know so well. I knew I've been there in years, but I know it well.

**Janelle Anderson**

I totally agree with you and found that to be true in my life as well just learning how to stop all the madness and sit for a bit and make that a part of your life right and make it a part of your everyday life. Noticing when you are in the over the chaos of the do, do, do and think, think, think, and be able to stop and pause and tap into that flow. I talked about flow a lot, too. Because flow is easy and it's powerful. It always makes me think of a river. A river flows and moves into all these different places with ease and has a lot of power in it. And it's feels really good to be there. Instead of striving.

**Marla Williams**

Exactly.

**Janelle Anderson**

Yeah.

**Marla Williams**

A river or a creek is a is a perfect, that's a perfect description of what it feels like because you're just kind of flowing along. It's like being on a life raft floating in a calm lake and you're just kind of moving through you're making progress. You're going with the flow of the creek or the river or the whatever you're on. But you're not pushing. When you push up pushes back. That's science. That's basically when you allow you get more coming to you.

**Marla Williams**

Yeah, and I always tell this story. I don't know if I've told it. Probably have I'm always telling the same stories. But when I was really in that place of trying to figure out what to do next, we had closed the second business. And I didn't know what to do, where to go, my teaching career was over, I was in my 50s. And I remember praying it because I felt this frantic, like, urgency to just go grab a job, you know, because it's, we had to close our business and, and I just wanted to grab any job just to have a job. But then another part of me was like, No, you don't want to just have another job and hate what you're doing. So, I was praying one day, and I just saw this picture of me lying on a raft on this beautiful, serene Lake, just like what you were saying, and resting there. And Jesus was laying on a raft next to me, and I saw this silver cord being attached to a star. And we were moving very gently towards this path off of the lake. And it just had this sense of like you were saying intention in rest and moving forward. And that actually became a powerful visual for me. Because I learned in that season to just rest, it was hard at first because I felt like I have to go get a job. But I felt like what God was just telling me just rest and trust, because I'm going to lead you in the direction that's right for you. But it took about eight months before that perfect job showed up in that path. But in that time, I learned this concept you're talking about of just being enjoying the moment trusting the process, knowing that all is going to work out. And sure enough, that path led me to becoming a coach eventually. And it wasn't intentional. I knew that there were certain things to look for, and not to apply for just any old thing. Like I knew there was going to be intention behind it. But it was not me striving. It was me just flowing with, you know, the purpose of God. And I know a lot of people would say, like the universe or whatever. But that's, that's what that experience was for me. And I learned.

**Marla Williams**

When you do pause, that's exactly what you get. Yeah, messages from something greater than you, whether you call a God or universe or source, it doesn't matter. What matters is when you quiet your brain enough and just tune into your heart in yourself, in your quiet. You do get messages, you do get direction, and it's powerful. And that's, yeah, that's part of the process I take people through when I'm helping them figure out their secondary life, you know, their life after that career that they may not have loved? And how can we take all those skills and abilities and stuff, it's really there's a lot of getting very, very present to find that place. And it's beautiful. So just like you, you get messages.

**Janelle Anderson**

Yeah, that's powerful. So, what are the primary I know you've touched on this, but any more causes of burnout, you were talking about being in a job you hate.

**Marla Williams**

Having a bad boss, and just the Type A push, pleaser, perfectionist personality. So, whether you fall into, what I find is most my clients fall into absolutely one of them clearly, but many of them fall into all three, whether or not in a great environment, or they're not loving exactly what they're doing. It's not fulfilling, it doesn't feel like purpose. And all of a sudden, they have this need for fulfillment. And I totally get that because even though I loved my job, and I was really good at it, until I got to that one job, which I made, I saved the company millions in that job, I was making a big difference. I was a hero to them. But I was spending too much time on a spreadsheet. I'm not a spreadsheet person. I'm a person to inspire and work with people and take them to higher levels. I've been doing that my whole life from founding the HR department, founding the strategic planning and project management, to sitting in this office. And it was just like, not for me. So those are really the reasons people get burned out. And they don't think about the bad boss or the job they don't like, they just know they don't feel good. But that's actually a sign of burnout, is when you're feeling drained all the time. We're energetic beings. We have energy systems in our body. And when we're doing things we love, it's like visualize yourself as a vase. And when you're around people and doing work that you love, it fills your vase up and you feel full and happy all the time. And when you're around people that drag you down, bosses that are mean as you know, employees or any people that are negative, it drains it's like poking holes in the bottom of your vase and completely drains you. And so, learning to make decisions and do things that fill you up is really critical as part of this process of getting into the being zone and living a life you love.

**Janelle Anderson**

Yeah, and plugging up those holes so you don't drain out.

**Marla Williams**

I didn't realize you know just even watching the daily news is a big drain. I have not watched the news since 2012. I don't watch it. Yeah, I keep it online. Once in a while. I'll watch if I know somebody is on there. I'll watch bits and pieces, but I do not watch because if it bleeds, it leads. Their whole thing is about getting you in there and sucking you in and that drains you.

**Janelle Anderson**

Yeah, It's all it's mostly negative. Yeah.

**Marla Williams**

Yeah, I don't need it.

**Janelle Anderson**

I agree.

**Marla Williams**

The radio news, pick it up all online. And if there's a topic that I need to know about, I read it. So, I'm very informed. I just don't take myself into the drain category.

**Janelle Anderson**

Yeah, cuz you can spend hours and hours on one show after another. And it's, I've done the same thing, just turn it off and do something to lift you up and keep you in that being zone.

**Marla Williams**

Like getting outside, walking in the woods.

**Janelle Anderson**

Taking the dogs for walk.

**Marla Williams**

Taking the dogs for a walk. The earth is full of amazing energy. And they prove now that spending time sitting on the earth or barefoot on the earth, actually lowers your blood pressure, lowers your cholesterol, improves your health, improves your happiness. So, every chance I get I'm out in the sun or out in the yard or down on the beach, soaking in the good energy instead of getting drained from being inside too long, or being having too much to do or feeling anything like that.

**Janelle Anderson**

Yeah, I've heard that too. And I have always been a person that loves to go barefoot, and I often will just go sit on the ground and take my shoes off, you know, walk in the grass. I don't have a beach nearby. But if I did, I'd be out there at the beach.

**Marla Williams**

Yes, I'm lucky that way. So yeah.

**Janelle Anderson**

Yeah, that's awesome. So, tell us a little bit, maybe some keys or tips, practical tips that my listeners could do to avoid burnout to take themselves back into the being zone, you've given us several just right there with the earth and being outside. But what other tips do you have?

**Marla Williams**

In my book, I talk about five daily being steps. And they're there with the initials of being, B.E.I.N.G. And so, the B is you got to learn how to be and what that means is the breathing, or the meditation, or the, and for me, it's active meditation, or relaxation, you have to calm your system. And I recommend people do this as soon as they wake up in the morning, because you're more in a delta theta theta state, when you wake up, you're in this low kind of hypnotic state where it's very suggestive. So, if you do the breathing and the grounding in the steps, early in the morning, you actually put your body into a better place to go through the day with more calm. And I'll actually walk you through if you're interested, I can walk your group through an active meditation, because many of the people that are stressed out can't do a normal meditation like I couldn't. And I had a difficult time doing. But so that's the B step. And then the E step is all about that energy, like I talked about the vase, going out and earthing is one way to bring in energy. But basically, when you're tense and tight, that is your energy just tightening up in your shoulders and stuff. And you need to try to relax your system. So, one of the things that I teach people is, I teach a couple, I actually taped these things, it's called like the tree grounding exercise. So, if it's snowing outside, you can still bring energy into your body. But just for a moment, just take your hands and put them like this, and then take them towards each other like this, keep them cupped.

**Janelle Anderson**

And just so for those of you just listening, she's making her hands go towards each other, you face them, palms in.

**Marla Williams**

Yeah, it's like you're holding a ball, and you're pushing towards that ball. In and out, what you do, you'll start to feel tingling in your fingers in your hands, that's energy, the more you bring that energy into your body, and you can visualize that the earth is filling you up when you're sitting on the earth, that brings energy into your body. So that's the E. The I is intentions, if you just go through the day and wake up with your to do list and you're going 1000 miles an hour, your day, who knows where it'll end up, but when you set an intention in the morning of what you want, with clarity, you're going to have a better day every single time. And this exercise that I'll walk you through in just a sec will show you that then the N step is north, your true north. And when you're really doing something that fills you up, that's your calling. That's your purpose. And even if it's just your volunteer work, you will be more fulfilled and more calm on a daily basis, every time you're doing something that does fill you up. And like I said, I do have a process to help people kind of get to what their core is, their purpose, their calling, where they feel really fulfilled. And then G step is the guidance that we talked about earlier. Guidance from God, from universe, from source, where you just when you're in that quiet zone and do that, you get messages. You can do this work in five minutes in the morning. And then I recommend you repeat it at night when you go to bed and then you have better dreams, and you actually sleep better. And so, people who build this BEING practical steps into their day is amazing. When you learn to listen to your body because when I was stressed all the time, I just pushed it down and I popped pills for headaches and I didn't need ever massages for tension that, none of that's normal. When you're in the flow and operating in the being zone you don't get all of that as much. You still get small amounts, but then you know, it's a sign and you can react and respond accordingly.

**Janelle Anderson**

Yeah. And isn't that the way it is in our society? We're just programmed to just pop a pill and keep going and go the doctor and yet our bodies are created to heal themselves and to take care of releasing all that. I mean, just to keep us in that place if we pay attention to it.

**Marla Williams**

Exactly. And that's hard to do, to start listening to body instead of shutting it down.

**Janelle Anderson**

Yeah. Oh. I realized I was really out of touch with my body when I started doing this thing called contra dancing. I've talked about that a lot. But because when you're dancing and moving to music, you have to realize I was really out of sync with my body like I had to become present with what's my foot doing right now and my hands. And the more I did that, the more connected I got. I got used to paying attention to what's going on.

**Marla Williams**

I do something called Schottky. That is the same thing. It's about feminine power within and you do, you have to move your body in ways you're not used to. And it's just felt so awful, you know.

**Janelle Anderson**

Yeah, yeah. But it teaches you to get really in tune with your body in sync with it, too. You know, and it's, it really feels good when you do it when you're there. Yeah, so and then you know, when things are out of sync, off, you can stop and, I don't think I don't remember last time I took a pill for a headache. And I used to have a lot of sinus headaches, a lot of tension headaches.

**Marla Williams**

Me, too. Exactly was my story. And I haven't taken, I don't buy over the counter. I take no pharmacy. Since I went on my healing journey. Everything definitely means I have never had to do anything anymore. I use essential oils. And I maintain amazing health. Amazing calm, which is really a big achievement for a person that was totally in the doings zone in stress and high burnout all the time.

**Janelle Anderson**

Yeah. And your corporate life. Yes. And that is total switch. Yeah, I'm, I've been in those environments before. I was never like in corporate, but teaching school is same thing, high stress and go, go, go, and everybody's all the time or angry or complaining, you know, that toxicity around you. You pick it up. And you find yourself right there with everyone else. And then you feel bad, because you've gone there, you know, and, and it just isn't a good environment. So that is a huge story that you have to go from that place to where you are now.

**Marla Williams**

Exactly.

**Janelle Anderson**

Yeah, yeah.

**Marla Williams**

I was a master there. And now I'm a master where I'm at so life so much better. And I know I'm going to live a lot longer and live a much happier life and better relationships. Everything's better.

**Janelle Anderson**

Yeah. Awesome. So, I know that you have you have a book, obviously, the Being Zone. So where can people find that?

**Janelle Anderson**

It's on Amazon, and they can also go to my website, marlawilliams.net. To find the book to find different things that I'm offering, I have a lot of free tools too. So, people like meditations and relaxations, I give a lot. So, feel free to go there. I'm currently working on this amazing six-week course called The Burnout Prevention Formula, and very excited about it because it's taken all this knowledge that I have and putting it into this really wonderful six-week course where, since it's for stressed out, burned out people, it's going to be on Fridays, and it's going to be at lunch, at least for people in my time zone. Which is a high number of my followers, where they can just learn to move from burnout to bliss in that six-week period. And they don't have to plan a lot of extra hours because I'm trying to do it too. During lunch, there will be things they need to do in between. But anyway, I'm going to be coming out with that soon. And I'll share that with you. When I do it's April 23 is my start date. And if people want to learn more about it, they can jump on my website, I'll have a link to it. But they can also set up a call with me to ask about it. I do calm calls. And so, I'm very,

**Janelle Anderson**

Calm calls, I like that.

**Marla Williams**

Yeah, it's because people don't know me, they got to get to know me to know if they want to try my course if they want to work with me as a coach. They you know, yeah.

**Janelle Anderson**

And you have such a calming voice and it's very, people tell me that too. And I used to think it was a flaw because I wasn't like energetic and hyped up all the time. But then I found out it's actually a superpower because it calms the other person down, you know, like energy in, we start to sense the energy of the other person and kind of come in tune with that, you know, and so you have that power. to just bring people into that calm, peaceful place.

**Marla Williams**

I have a client that calls me about once a month because I just need to hear your voice. She doesn't need me anymore because she's either, she's done so well learning all the tools and techniques that she doesn't need to coach with me. But she just needs to hear your voice. Can we talk for just a few minutes?

**Janelle Anderson**

Yeah, so anybody listening to this, go to her website. And we'll have all the links in the show notes. And look up her meditation exercises and the course, depending on when you listen to this podcast, we are talking about April 23, 2021. But it will be an ongoing course that she'll offer different times, I'm sure so you can go to Marla's website and contact her if you want to talk to her. You know, look at her free stuff, read about her course and just read her book and get connected with Marla, especially those of you that are in that toxic like corporate world and you feel like you have no chance to stop that fast, merry-go-round. I used to feel that way, like almost panicky like this never stops, you know. And if you feel that and you're in that kind of environment, and you have not learned these tools, and techniques, and it's difficult for you to quiet that brain like she was talking about, then Marla is your girl to hook up with and learn how to do that. And I highly recommend it because just like she said, you'll have a longer life, and you'll be happier. You will show up better at work, you will show up better in your relationships and just in your life, you'll have that happiness. Remember the key to happiness is in the pause.

**Marla Williams**

The art of happiness is in the pause.

**Janelle Anderson**

The art of happiness is in the pause.

**Marla Williams**

And actually, you should say the art of happiness and creativity is in the pause because when you're in the pause. You're actually like I said more creative, more productive, happier. If it's all in there.

**Janelle Anderson**

Yeah, absolutely

**Marla Williams**

It's a peaceful place to exist.

**Janelle Anderson**

Yes. And I know in the corporate world, but even in the business world, sometimes there's like no pause. So, this isn’t.

**Marla Williams**

That's why people go on vacation to beaches and stuff because they need the pause. They just need to stop. So, a lot of people plan vacations to hike in the mountains or to go sit on a beach.

**Janelle Anderson**

Yeah, we were actually designed to pause and rest. We're supposed to.

**Marla Williams**

That's a whole another long, good conversation.

**Janelle Anderson**

Yeah. Yeah. Well, this has been delightful, a lovely conversation. And I love what you're doing in the world and just the energy that you bring and this wisdom because you know what it's like to be there. And now you've gotten here, and you can help people kind of bridge that gap. So powerful.

**Marla Williams**

Thank you. Yeah, it's a wonderful journey anybody is able to take if I did it, you can do it.

**Janelle Anderson**

Absolutely. And so, I encourage everybody to get into the being zone. And as usual, ladies, until next time, be confident, be real, and be you and thanks for listening today.

**Janelle Anderson**

I hope you enjoyed that episode and got a lot out of it that will help you on your journey to becoming fearlessly confident. If you would like to know how to work with me, to help you to become fearlessly competent. Just email me Janelle at emerging life coaching.com you can also go to my website. There's lots of great resources on there, including a free mini course called Be confident, be real, be you it's a three-video course with downloadable action guides that will definitely help you to get on this journey to becoming fearlessly confident. My website is emerginglifecoaching.com Thanks for listening and until next time, be fearless, be confident and be you.