

5 POWERFUL SECRETS FOR OVERCOMING YOUR CHRONIC FATIGUE



by **Kerry Magnus**



BIO

Hi, I'm Kerry

I am an integrated body-mind therapist and I base my practice on psychology, BodyTalk, hypnotherapy, general mindfulness tools and my own experience of Adrenal Fatigue Syndrome.

I help clients to experience body and mind balance for greater mental and physical wellbeing, to fully connect with their life purpose and to regain the motivation and energy to live that purpose to the fullest. I do this by assisting clients to awaken from the domination of past patterning, thereby releasing holding and stress, and freeing up energy, flow and ease.

I am based in Cape Town, South Africa, and I am a wife; a mother of a son and daughter, and three fur babies; as well as an enthusiastic reader of at least three books at a time!

I still have moments where I lose my balance and start becoming tired and wired, as is so common with depleted adrenals, but I have come to a place where I am able to stop and bring myself back into balance and avoid crashes despite a heavy workload and two crazy kids needing a lot of me. What's even better is that I really feel like I am living – not just surviving but truly living as I am meant to. I am still learning and growing and sometimes even struggle but I am living and loving my life.

My Adrenal Fatigue journey helped me to step into my truth and my truth is to share my story, share what I have learned and plant some seeds for those who are ready to step into their truth and flow!

Yours in conscious living,

Kerry





IS THIS YOU?

You are tired of feeling:

- ✓ Fear that you are never going to feel normal again,
- ✓ Powerless and out of control,
- ✓ Guilt because you are not able to be the partner, parent, spouse or friend that you want to be,
- ✓ Frustration because you are not able to do what you used to do,
- ✓ Worry and perhaps even fear about why you feel like you do, &
- ✓ Like you're just not good enough.

Chronic exhaustion does not have to be a life-sentence or a constant hole you live in that you can never seem to fully get out of. In this guide I share 5 secrets I have discovered that helped me to embrace the silver lining around that particularly big thundercloud that once hung over me.




I WAS ONCE THERE TOO!

I was diagnosed with Adrenal Fatigue Syndrome in 2012. For a few years before that I had experienced a couple of crashes that were diagnosed as stress (not completely off the mark!) and depression (with the typical suggestion that I try an anti-depressant). I bounced back fairly quickly but after my first child was born in 2012 there was just no bouncing back at all. I just remained very much unable to get off the ground. Not one bit of bounce in me.


Fortunately, my sister, a doctor, had started studying Functional Medicine (the treatment of the whole body and underlying causes versus only symptoms) and she was able to diagnose me and help me with the treatment. This worked for some

time, but I kept crashing regularly, and it took me a good 5 years to learn the lessons I have learned and apply the changes so I could get off the chronic rollercoaster of ups and downs.

I realised that while supplements and diet help they just largely patch up the physical imbalance. I was not addressing the long-held emotional and behavioural patterns that created a lot of stress and caused the physical imbalance. The supplements were just a (expensive) band aid attempting to hold together a broken foundation. I needed to look at the foundation. I had to accept that if I keep doing what I had always been doing I would keep having the same experience.



“No problem can be solved from the same level of consciousness that created it”.



Albert Einstein



And so a more conscious approach to my fatigue became necessary and I knew it was not enough to just take supplements, eat well and force myself to chill out! I had to shift my way of reacting to and being in the world.

THE LESSONS I LEARNED

As life does when you step into flow it brought me many clients who were experiencing overwhelm, exhaustion and feeling out of control. I recognised that there were very likely some physical aspects related to their experiences and started to refer these clients to naturopaths and functional medical doctors. While they were being supported physically, I began to explore why they happened to have the physical imbalance in the first place.

So, I started to uncover the psychological side of chronic exhaustion. Physical and emotional

health are so tied together that you cannot address physical imbalance from a purely physical place. The psychological foundation needs to be understood and addressed too.

It was not long before I started to see similarities between my clients - in terms of personality characteristics, as well as, upbringing. This was a big A-Ha moment for me as I fitted right in there! I began calling it the Holding Personality and started exploring why it came about and how all the holding fed the exhaustion.



UNDERSTANDING THE HOLDING PERSONALITY

This is a person whose whole personality structure is built around holding in various ways – holding onto a sense of being in control, holding other people and the self up to high standards, holding the self together and not being vulnerable or allowing emotion to spill over, and holding the baggage that belongs to others.

In a nutshell, this means that you are a do-er, like to feel in control, capable, and on top of things (and find it difficult to just be rather than do!) It also extends to relationships and a tendency to want to manage and feel in control within your relationships, which often means rescuing and

protecting others.

These characteristics are not bad but when expressed to an extreme they cause a lack of balance and impact self-care and connection to the self. They are then no longer healthy and can lead to chronic depletion and exhaustion. Rather than telling people to stop expressing these characteristics I assist them to learn why they use the holding to the extreme that they do. With this awareness they can become more conscious of how they are in the world and choose a way that is more balanced and focussed on self-needs and health.

THE HOLDING PERSONALITY AND FATIGUE

All this holding can result in becoming very, very tired.

The reason you are feeling this way is simply because:

- 1 It takes great effort, as well as, emotional and physical energy to maintain this way of being.
- 2 You do not receive the support you need to lighten the load or the energy to replenish your depleted reserves. Being self-reliant and “avoiding vulnerability” means struggling to ask for help. Or you may believe you are over-burdening others and want to protect them by not asking.
- 3 Your emotional and mental state becomes physically embodied and then the body cannot function optimally to produce energy. People with a Holding Personality usually hold onto tension and rigidity in their bodies. This is often in the shoulders (carrying responsibility or protecting the heart), in the lower back or pelvis (lack of security and a solid foundation) and/or in the middle back (heart protection).

This body armouring is unconsciously created and held as ‘protection’, but the rigidity blocks the flow of energy and also impacts your physical functioning such as metabolism, circulation and nerve supply, as well as energy production; ultimately resulting in fatigue.



I have an example to illustrate embodied holding:

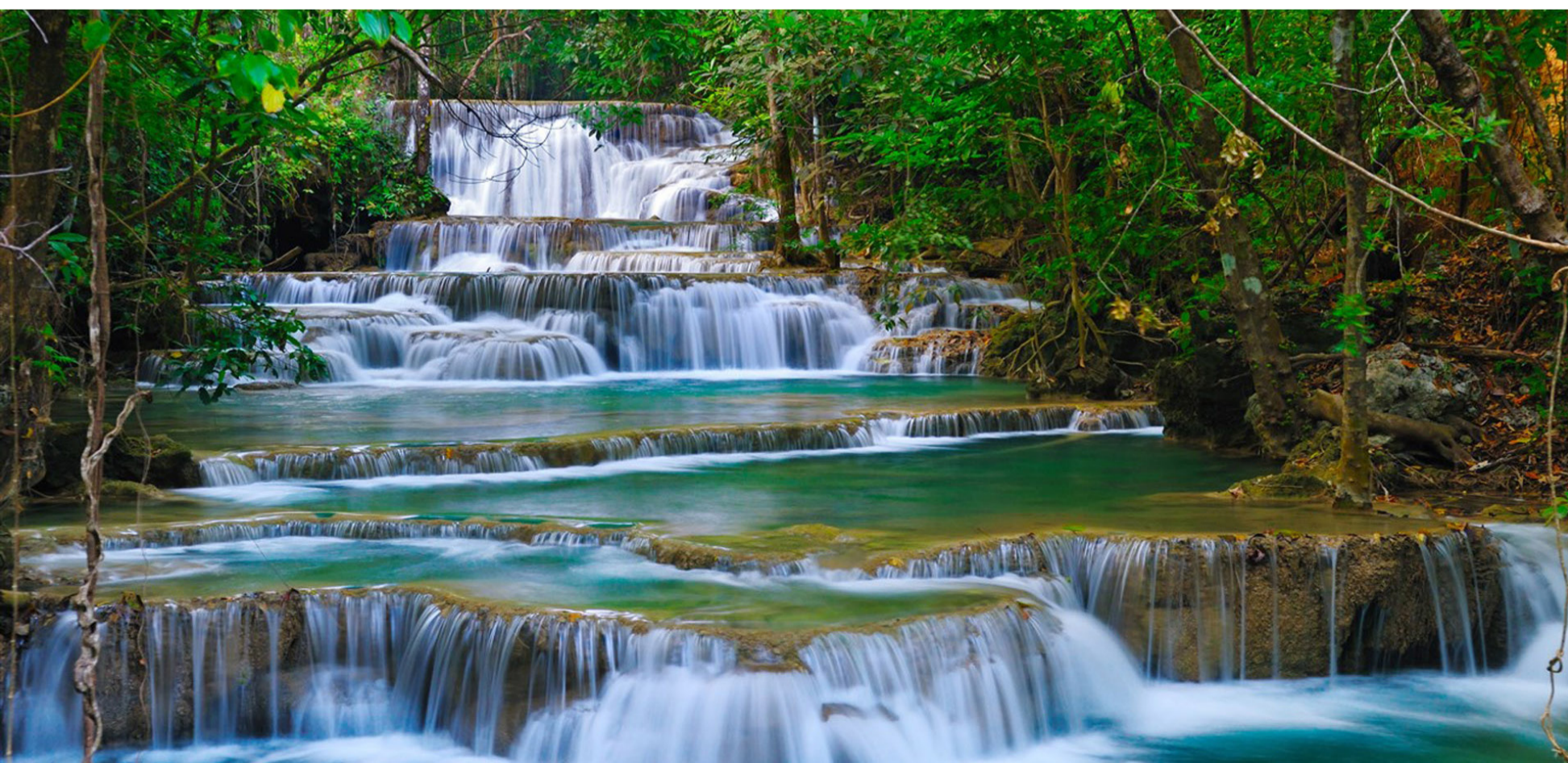
I had a client, Felicia (not her real name), who had been battling with a frozen shoulder/chronic shoulder pain for many years and had seen a variety of healthcare practitioners, but the results were not lasting. During a BodyTalk session with me we focussed on the consciousness of the shoulder around holding responsibility. Felicia's mother had experienced mental illness since Felicia was a young girl and from early on Felicia had taken on way more responsibility than was healthy for her. She tended to also hold emotions for her mother who was unable to manage them, but she did not realise that the emotions and feelings were actually her mother's and not her own to carry. We also worked with anger that Felicia had not released before as she had been unable to. Following the session her shoulder pain worsened and she felt intense anger. The following morning all pain had disappeared and did not return. That session was over 7 years ago.

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You are likely experiencing cumulative stress (the fight/flight response) and no time to counter it with the relaxation response (rest and digest time). All this achievement-driven behaviour and doing results in constant and cumulative stress which creates more physical imbalance.

You were probably not even aware that you had been living in this Holding mode and the impact that it has had on your body until your body did not want to do what it is supposed to do anymore. I bet it feels like your body, mind and health went on strike and as a result you became very angry and frustrated with your body?

**Perhaps these 5 secrets will help you
to turn that anger and frustration into hope!**



Secret No 1

What you are going through may not feel good but is not necessarily bad

Your body is talking to you and giving you valuable feedback that there is imbalance to be addressed. Acceptance is a major step in healing from chronic exhaustion. The more you resist the feedback and push yourself, the more imbalanced and exhausted you become. There is opportunity for positive change when the feedback from the body is accepted.

It can be daunting to accept that the way we do things may not be working (which is why our bodies often must reach near-complete breakdown before we listen). Let me explain why you got to where you are right now. It may help you to see that there is a better and easier way of being in life.

HOW DID YOU GET TO WHERE YOU ARE NOW?

Here is the next secret to help you understand why you developed the Holding Personality:

Secret No 2

These holding patterns which cause your fatigue very likely came about because at some point in your childhood you felt a lack of security.

Chronic exhaustion is very often the result of excessive use of coping mechanisms to overcome a feeling of not being safe (and this includes not feeling good enough).

The need for security is very much a part of our childhood experience as a child is largely powerless to have these needs met. This security is both physical safety and consistency, as well as having support to understand and manage emotions – this is called emotional holding.

It is really scary for a child to not have their needs for security met. It may even feel like they will not survive. When we don't receive emotional holding as a child we use all sorts of other types of holding (the Holding Personality characteristics) to feel safe and good enough, like attempting to control our world; achieve and succeed in all things; plan and organise; and rescue others where we were not rescued (done to an extreme and unconsciously from fear).

Can you see how the various characteristics of the Holding Personality are formed as a result of these coping mechanisms?

There is a big catch though:

THIS WAY OF BEING IS NO LONGER WORKING FOR YOU

Secret No 3

The way you have always done things in the past used to serve you, but it is now destroying you. You cannot keep it up and expect yourself to heal from your fatigue.

The child adapts herself or himself to feel safe and secure and for a very long time this holding sort of works until, as an adult, two things happen: the coping mechanisms (which have become defence mechanisms) are no longer needed as the child is now a more empowered and able adult and, secondly, the body and mind can no longer keep it up.

Also, there is something else happening on a deeper level that breaks through those coping mechanisms:

THERE IS ANOTHER PART OF YOU WANTING TO EMERGE

Secret No 4

Your fatigue is often linked to the energy you are using to keep your true self hidden away.

When a child adapts herself or himself to be safe and puts all these coping mechanisms in place the true self is shut away. This true self (the part that felt so vulnerable and had emotional needs, but was also creative, full of energy, spontaneous, hopeful, intuitive, trusting and accepting) is locked away and shut off, and all but forgotten.

However, we all hold within us a natural, self-actualising force that pushes us to express our highest and greatest, authentic selves. The more that we adapt ourselves to be 'safe' and live small; to feel 'good enough/acceptable'; as well as 'secure', we use energy to resist this driving, growing force. All this resistance adds to fatigue. It seems that for many this natural growing force really begins to reveal itself in adulthood. This may be because the defence mechanisms are wearing thin and energy is becoming too depleted to hold back the truth wanting to emerge. It is also often when we are ready...

IS IT TIME FOR YOUR TRUE SELF TO EMERGE SO YOU CAN SHED YOUR EXHAUSTION?

This final secret really made me see my Adrenal Fatigue Syndrome in a more positive and valuable way:

Secret No 5

Your fatigue may actually be your experience of awakening to your truth.

Awakening is the process of becoming more conscious, aware and connected to life, yourself and your highest purpose and potential. Most of the literature on awakening states that awakening is often preceded by health challenges, and/or trauma.

Could it be possible that your experience of chronic exhaustion is part of the process of awakening to your higher purpose and true self?

SO WHAT HAPPENS NOW?

I have used this knowledge to accept and consciously work with my own experience which led to massive shifts in my life. Not only have I got more energy, but I had several other surprising and amazing changes happen. I have changed my relationship with myself, with my children and my husband. I have a very clear idea of what I want to do with my life and feel deeply motivated and excited about it. Also, I have found how to bring routine and balance into my daily life to honour myself and my health, without it feeling difficult.

Sometimes the old patterns show up and I find myself becoming fatigued again but I am conscious of this old default now and I have the tools to step into the newer, connected, energised and receptive version of myself.

I have also helped many clients to do the same. That's why I want to share this lifechanging information with you.

As you let go of out-of-balance and outdated psychological and mental holding your body will experience a physical release and greater flow, resulting in more energy.



CHANGE CAN BE SCARY - I CAN SUPPORT YOU

This surrender can be very scary when you have been someone who has held it all together so well for so long. But, please know that if you keep on doing what you've always done, you will keep on having the same old experience.

If you are ready to do things differently and to open to the possibilities, you will experience that when you're able to let go of holding it all together, you will find that life steps up to meet you.

As you allow yourself to be swept along in the supportive flow that wishes to carry you to your greatest and highest version of yourself, it can create moments like these:

- ✓ Waking up in the morning with more energy, motivation and joy
- ✓ Feeling aligned with your greatest potential and purpose
- ✓ Finding enough time for what is important to you – especially yourself
- ✓ Being clear on what is important and being able to let go of what is not
- ✓ Making choices about your health so that you feel empowered and not out of control (and this does not include turning your back on other treatment options as there is definitely room for these too),
- ✓ Creating a state of ease, energy, flow and joy at will, especially when you feel yourself falling back into your default holding patterns.

