REJUVENAL · A SHORT GUIDE FOR HEALTH PROFESSIONALS

Three reasons you're *stuck, tired or burned out*

For midwives, nurses, therapists and everyone who runs a practice and cares for others all day. Ten minutes to read, one week to try.

Clarity	Congruence	Consistency
WHAT YOU WANT	WHO YOU ARE	WHAT YOU DO

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BEFORE WE START

Successful on the outside, running on empty inside

You are good at what you do. Your diary is full, often by referral. Clients trust you, colleagues lean on you, family counts on you.

And yet the evenings disappear into admin. A day off costs you money, so you rarely take one. You are tired in a way that sleep doesn't fix, and a little more irritable than you would like to be. You have tried the apps, the tips, perhaps a retreat. Each helped for about a week.

> *You're not broken. You're out of rhythm.*

In more than twenty years of practice, with over 10,000 patients on three continents, I have seen the same pattern again and again, in my patients, in my colleagues, and in myself. When a capable person is stuck, tired or burned out, one of three things is usually missing: **clarity**, **congruence** or **consistency**.

This guide takes each one in turn, with a question to answer and one small thing to try this week.

WHY I WROTE THIS

I've been on that couch

In late 2016, running my own practice, I burned out. It started on a bike ride: halfway up a small hill I had to turn around. In my head was a battle: push through and wreck myself even more, or quit and feel like a failure.

My calendar ran from 7am to 7pm. The pile of paper on my desk grew every day. At work I was helping patients find solutions, and I knew, painfully, that they were doing better than I was. I cancelled a congress trip to Rome. Everyone had advice: go for a walk, do some yoga. I couldn't even put on my coat.

The irony was that I knew what to do. I had studied health for decades. But knowledge alone isn't change.

> *It started with a breath. Then a little rest. Then one piece of paper. Then one boundary. Then I booked my holidays first.*

I was off work for two weeks, then worked at half capacity for six months. What brought me back was not a new technique. It was getting clear, getting honest, and taking small steps every day. That is what this guide is about.

1

CLARITY · WHAT YOU WANT

You're steering without a destination

Most practitioners can describe their client's goals in detail and their own in a single vague word: "less". Less stress, less admin, less tired. But "less" is not a direction. Without a destination, every request that arrives sets your course for you.

Many of us also think of health as the absence of pain. I define it differently: health is the capacity for continuous personal and professional growth. By that measure, a practitioner who is fully booked and slowly running down is not healthy, however well she looks.

Clarity starts with an honest picture of where you are now, then a clear picture of where you want to be. As Carl Jung put it: "Who looks outside, dreams; who looks inside, awakens."

ASK YOURSELF

If my practice were working for me in three years, what would a normal week look like? How many hours, how many weeks off, what kind of work, and how much income?

TRY THIS WEEK

Write that week down on one page, in numbers. Keep it where you plan your days.

2

CONGRUENCE · WHO YOU ARE

What you do doesn't match what you value

Congruence is the match between what you believe, what you value and what you actually do. When those three line up, decisions are easy and energy flows. When they don't, you feel it as friction: tired before the day starts, resentful of things you agreed to, busy but not fulfilled.

For people who care for others, the gap usually hides in a few quiet beliefs. I had to unlearn mine: *rest is laziness, massage is a luxury, time off is unproductive, I have to be available for everyone, all the time.*

If you value your family but your calendar has no room for them, or you value your own health but treat it as the last appointment of the day, that gap costs you energy every single day.

ASK YOURSELF

Which belief about work or rest am I living by that no longer serves me? And who do I want to be as a practitioner: the one who always says yes, or the one who leads?

TRY THIS WEEK

Look at next week's calendar. Find one entry that contradicts what you value, and change or cancel it.

3

CONSISTENCY · WHAT YOU DO

Small things, not done regularly

Everything left alone slowly falls apart. A body that stops moving stiffens. A practice nobody tidies fills with clutter. A relationship nobody tends grows distant. Physicists call this entropy. I call it the reason maintenance is sacred work.

Sailors know it well. In the old days they hauled their ships onto the beach, tilted them on their side and cleaned the hull. This was called careening. They didn't do it once; they did it regularly, before the damage slowed them down.

Most practitioners don't lack effort. They lack rhythm. Big resolutions fade in a week; small actions repeated every day change a life. As I tell my patients: health is not an event, it's a rhythm.

ASK YOURSELF

What is one small thing that, done every day, would make the biggest difference to how I feel by Friday?

TRY THIS WEEK

Walk ten minutes after your last client. Not for exercise, for rhythm. And on Sunday, write three lines: what gave me energy, what drained it, and the one thing that will define next week.

PUTTING IT TOGETHER

Become the captain of your own care

The three work together. Clarity tells you where to go. Congruence makes sure the course fits who you are. Consistency keeps you moving when motivation runs out. Miss one and the others weaken.

This is the heart of the method I teach, **Become the Captain**: get clear, see honestly, and steer with small, consistent, congruent actions. It isn't about working harder or feeling differently about the same overloaded week. It's about changing the structure of the week itself.

What do I truly want from my work and life in the next few years?

Where do I stand today with my health, my practice and my relationships?

Are my beliefs and my calendar aligned? If not, what is one change?

What small action will I repeat every day this week?

> *"I am the master of my fate, I am the captain of my soul." W. E. Henley*

YOUR NEXT STEP

You don't have to do this alone

I am building Rejuvenal for self-employed health professionals who give everything to others: a small founding circle where we work through Become the Captain together, with optional one-to-one sessions.

If you're not on the waitlist yet and this guide spoke to you, join it. You'll hear first when the circle opens, and your answers will help shape it.

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I still see patients every week, and I read every reply personally.

Warmly,
Michael Renfer

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