



Ibogaine for Executive Burnout

SERVICES AVAILABLE

- **IBOGAINE TREATMENT**

Safe, monitored and compassionate ibogaine treatments

- **PRE AND POST CARE**

We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards

- **HOLISTIC THERAPIES**

Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food

- **ON/OFF SITE COUNSELLING**

Our expert counsellors will hold space and guide you through your processes

- **NAIKAN THERAPY**

Naikan introspection therapy is a wonderful way to get back in touch with yourself

- **IRM**

FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

Burnout is not a simple result of long hours. The cynicism, depression, and lethargy of burnout can occur when you're not in control of how you carry out your job, when you're working toward goals that don't resonate with you, and when you lack social support. If you don't tailor your responsibilities to match your true calling, or at least take a break once in a while, you could face a mountain of mental and physical health problems. These are often coupled with addiction issues.

The Burnout Checklist: check off the statements that apply to you: -

- I feel tired even though I've gotten enough sleep.
- I am dissatisfied with my work.
- I feel sad for no apparent reason.
- I forget too many things.
- I am irritable and snap at people.
- I avoid people at work and in my private life.
- I have trouble sleeping because of worrying about work.
- I get sick a lot more than I used to.
- My attitude about work is "Why bother?"
- I get into conflicts.

My job performance is not up to par.

I use alcohol and/or drugs to feel better.

Communicating with people is a strain.

I can't concentrate on my work like I once could.

I'm bored with my work.

I work hard but accomplish little.

I feel frustrated with my work.

I don't like going to work.

Social activities are draining.

Sex isn't worth the effort.

I watch TV, most of the time, when not working.

I don't have much to look forward to in my work.

I worry about work during off hours.

My feelings about work interfere with my personal life.

If you have checked half of these, it's a wakeup call. Consider that you may be burning out.

Contact us to learn about how Ibogaine therapy and our holistic program can help you get your life back.

