

## Transcript of Video: Stop and WAIT ©2017 Arianna Gray

“In this short video you’re going to get the mind hack that took me from being “Driven” through my days, to being the “Driver” of my life.

Hi, I’m Arianna Gray creator of The Counselor Burnout Cure: Simple Secrets for Blocking Burnout”

Because I support helping professionals to break through burnout and get re-inspired in their work and life, it is a matter of deep integrity to me that I practice what I preach. I don’t ask my clients to do anything that I’m not willing to do. And practicing self-care and pleasure in life is a big part of that.

I took a month off from work earlier this year to fulfill a 20 year dream of going on a photo safari in Africa. That ALONE was a huge gift of self-care and pleasure! But when I got home and saw pictures of myself on the safari I noticed how RELAXED I looked. Which made me recognize that even as much as I have focused on self-care in the last years I’ve still always been running my life by revving my engine, running an energy of stress and anxiety.

As Joan Borysenko shared in her recent interview with me (you can find that interview two video blogs ago), some stress is actually good for us. But constant anxiety is NOT!

I’d been running on my adrenals and didn’t realize it until I REALLY relaxed on vacation.

So I walked into my office and wrote this post-it Note to myself:

STOP!

Are you

Breathing

Relaxed

Joyful?

WAIT until you are!

That “WAIT until you are” part is new for me.

But it brings up three key values I hold dear: Taking RISKS by trying new things; TRUSTING, myself, others, and the Universe; and having INTEGRITY: really being accountable for putting my values and beliefs into action.

—Risk

As for the RISK, when I consider STOPPING whatever I’m doing until I’m breathing, relaxed, and joyful, and WAITING until I AM before proceeding Part of me thinks: If I stop and wait until I’m relaxed I may NEVER move again. Or in the very least, I’m going to fall behind and be even MORE stressed. In the past that thought has kept me

repeating my patterns of BEING stressed, WORKING stressed, and creating MORE stress. But I've really decided to up my game and TAKE the RISK of TRUSTING and Having INTEGRITY.

—Trust

The TRUST part here is trusting that relaxation and joy really ARE available or me. That there is enough TIME for me. That there is enough, period. And trusting that even if I'M not relaxed and joyful, I can connect to something (my life experiences, my love of friends and family, my experience of the Divine in Nature) that IS relaxed and joyful. This is in many ways the biggest challenge here: to believe that I can RECEIVE relaxation and joy, and take the "action" of "waiting" to do so.

—Integrity.

The INTEGRITY part is about LIVING what I talk about. And if that means I have to risk my world coming to a stand-still, then so be it. It is a matter of INTEGRITY to me that I actually LIVE what I talk about with my clients. That I MODEL, not just preach. And that means living my spiritual values as well, including something powerful that I learned from Eckhart Tolle's teachings, that "the most important thing in ANY moment is your state of consciousness." Stopping to breathe, relax, and get joyful, and WAITING until I am, is putting that into real practice.

So I decided to REALLY walk my talk: I am STOPPING and WAITING until I feel my breath, feel my body relax, and feel real joy.

And the MOST amazing part? It's working! I DO stop. I DO breathe. I do feel my body relax, and I DO feel or remember feeling Joy! And that has been a total game-changer in my work day.

Even when I'm off running errands, and feeling like I don't have "Time" to stop and wait, I do it anyway. And the cool thing is that the more I do this, the faster I shift into that breathing, relaxed, and joyful state. Then I go ahead with my errands, and have a MUCH better day.

I invite you step up YOUR game, to write your SELF this post-it Note, or calendar reminder. And commit, for your SELF and for those you SERVE who NEED your gifts, commit to actually STOPPING, BREATHING, AND FEELING! and WAIT until you DO before you move ahead.

You're worth the risk—and the effort!

And let me know what you discover. Leave a comment or send me an email on YOUR experience of the Stop and WAIT Game Changer.

If you're watching this video anywhere other than [AriannaGray.com](http://AriannaGray.com) come on over and opt-in to get more FREE Simple Secrets for Blocking Burnout as well as the inside track

to upcoming **Inspiration and Renewal events** for our Tribe of counselors and helping professionals.

Thank you for the work that you do. And Remember You really ARE making a difference!