

UAS: Crystal Stokes Meeting Minutes

Call to Order

A meeting hosted by Crystal Stokes was held on 4/18/17

Attendees

- Executive Board: All members present
- Crystal Stokes (me@crystalstokes.com, (805) 699-5502, www.crystalstokes.com)

Crystal Stokes Burnout Presentation

- About: Shows clients how to take care of their body and prevent burnout using psychological and self-awareness techniques. 15+ years of health, fitness, nutrition experience. Combination of Eastern and Western methods founded in psychotherapy, functional fitness, holistic nutrition, consciousness, and mindfulness. Offers 1-on-1 sessions, workshops, talks and online courses.
- Stress => more stress => a lot of stress => too much stress => Burnout
 - Physical: Wire but tired, inconsistent ability to eat well or exercise, needing caffeine/stimulants for energy, low energy, occasional headaches, occasional indigestion, changes in sleep patterns
 - Mental/Emotional: Decrease social time, relaxation, recreation; motivation driven by fear of failure; difficulty letting mind rest; cognitive decline (can't focus); anxiety; feeling inadequate, frustrated, unappreciated, overwhelmed, bored, trapped; irritability; more frequent accidents, careless or distracted; increase eating/drinking
- Four Attention Areas for Recovery: Physical body, Mental health, Lifestyle, Social Health
 - Physical: Nutrition, activities, sleep, toxins in the environment, supplements
 - Mental: Mindfulness, rewire stress response, organize/prioritize, professional help
 - Lifestyle: Tech use, balanced lifestyle, reduce commute time, learn to say no
 - Social: Time with friends/family/lovers, fun and relaxing activities, deep and meaningful connections, mentors/therapists/coaches, support groups
- Top 3 tips to prevent burnout:
 - Improved sleep hygiene (consistent bedtime, dark room, remove tech, etc.)
 - Take many mini-mindful breaks (try mindfulness and/or meditation)
 - Eat consistently (don't skip meals, listen to your body, have a balanced diet)
- Personalities vary, so individualized approaches provide optimal results/performance
 - Can take a mini-personality type quiz @www.crystalstokes.com/enneagram
- Information about one-one-one sessions @www.crystalstokes.com/1-on-1-sessions

Adjournment

Jasmine Chen makes a motion to adjourn the meeting, agreed upon at 7:40 pm

Melvin Lai

4/19/17

**Executive Administrator
Undergraduate Accounting Society**

Date of Approval