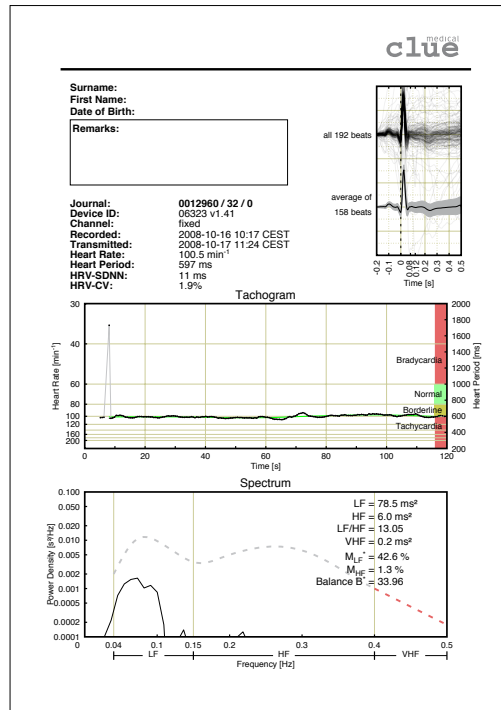


5. Burnout

Suddenly, everything failed. Helmut A. simply fell over. A stroke. At the age of 50. Helmut A had not shown any consideration for himself. At his job, he was always willing to take on additional projects and he demanded of himself that he always did everything perfectly. He always had several tasks to accomplish at once. A. was no longer able to “shut off”. He was under tremendous strain and there came a point where he no longer realised under just how much pressure he was. He though this state was normal and it didn't occur to him that he needed to fix something about the situation.

Above figure:
Very strong sympathetic nervous system activation
(Balance 33.96,
decreased HRV 1.9%)



He thus manoeuvred himself right into a burnout.
He is terrified by the thought that the next stroke is sure to happen, at the slightest exertion.

clue can relieve him of this fear.

In the burnout treatment, his **clue** data let him know that he is constantly recovering, his vegetative nervous system is functioning in a more balanced fashion and his heart rate variability is once again approaching a healthy level. A. thus becomes more confident, continually reinforced by the positive data about his recovery. He thus regains his health more quickly. He also knows what he can expect of himself again. And A. now has a tool – namely clue – that will let him know when he needs to be more considerate to himself.

clue can protect people from getting burned out.

A. has understood that there are stress limitations which are more quickly exceeded than he previously thought. Physical signals are often not properly realised or taken seriously. Objective data provide a good orientation. As a result, prevention is considerably easier.

Left figure:
Improved situation,
balance already approaching
normal 8.86 (normal HRV)

Right figure:
further improvement in
balance 4.26
(normal HRV)

