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SPEAKERS

Carissa Andrews, Nicole Janz



Carissa Andrews 00:02

Welcome to the Author Revolution Podcast, where change is not just embraced, it's celebrated. I'm Carissa Andrews International Best Selling Author, indie, author, coach and your navigator through the ever evolving landscape of authorship. Are you ready to harness the power of your mind and the latest innovations and technology for your writing journey? If you're passionate about manifesting your dreams and pioneering new writing frontiers, then you're in the perfect place. Here we merge the mystical woo of writing with the exciting advancements of the modern world, we dive into the realms of mindset manifestation and the transformative magic that occurs when you believe in the impossible. We also venture into the world of futuristic technologies and strategies, preparing you for the next chapter in your author career. Every week, we explore new ways to revolutionize your writing and publishing experience, from AI to breakthrough thinking, This podcast is your gateway to a world where creativity meets innovation. Whether you're planning your first novel, or expanding your literary empire, whether you're a devotee of the pen, or a digital storyteller, this podcast is where your author revolution gains momentum. So join me in this journey to continue growth and transformation. It's time to redefine what it means to be an author in today's dynamic world. This is the author Revolution podcast, and your author revolution starts now. Well, hi, guys, welcome back to another episode of the Author Revolution Podcast. Today, I have a really special guest coming on the show. And we're going to have a discussion that I think is long overdue, one that is all about burnout for authors, since the dawn have 20 Books to 50k. And the concept of rapid releasing, really came about, you know, many of us were struggling with the idea of how quickly should we publish in order to get ahead and like when things aren't working, do I push harder, and it really ultimately led to a lot of people going into burnout, especially when we saw success stories from people who were, you know, publishing a book a month, and really just raking in the money from it. And ultimately, I think, when it comes to creative individuals, and in particular high achieving, or, you know, very intelligent, creative individuals, when we don't reach a goal in a determined amount of time, and we think that, you know, we're feeling or we're doing something incorrectly, we push harder, we don't like necessarily back off. And of course, if you're not careful, if you're not taking steps to ensure that your mental health that your body is, you know, getting rejuvenated in a way that is feeling good to you. You can end up in overwhelm and burnout. And what ends up happening is you lose your love of writing, you lose your love for doing all the things that really brought you joy at one point, because they're

no longer fun, right? They're no longer the things that elevated you because they've been in some way shape, or form and disappointment. And so my guest today, Dr. Nicole Janz is on, we're talking about burnout, and we're talking about her introduction to burnout, what led her through burnout, and to now become an author coach who specializes in burnout. And so I'm very excited to dive into this conversation, I think you're going to enjoy what we have to say. And there are some great tips and tools that she utilizes in this conversation. So if you've ever found yourself struggling with burnout, feeling like you're in this place of frustration or impatience, overwhelmed, meant disappointment, or even worry about your author career, you're in the right place. This episode is for you. So without further ado, let's get to it. Hi, Nicole, welcome to the Author Revolution Podcast, I am really stoked about our conversation today, because I think it's going to be one that's very important and that authors need to pick their ears about. But before we get into all of that, can you tell my audience a little bit about who you are and what you do?

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Nicole Janz 04:08

Yeah, of course. Well, thank you so much for having me. I'm yeah, I'm Nicole Yans. I'm a writer's coach, and the author of the right habit planner of workbook and productivity planner for writers. And in my coaching, sort of, if you're an author, or an entrepreneur or an academic, and you're struggling to get your book down, or your articles down, you know, you're probably burning out on the way and getting really overwhelmed. Then I'm the person coming in helping you create a new vision, create a strategy and making sure that you take smaller steps so that you can actually get it done. And because, I mean, you know that but the listeners don't know that I am also a survivor of burnout and it's really important to me that people can do their writing and enjoy it rather than feeling the pressure and the stress all the time.



Carissa Andrews 04:56

Absolutely. Do you want to tell us a little bit about your experiences through burnout and what brought you to this place of obviously helping others to get over their burnout as well?



05:07

Yeah, absolutely. So I used to be an academic, I'm working at a university teaching, doing admin doing my own research writing. And as we know, in academia, but also here in any field where you are sort of publishing, there is a huge pressure to get your stuff out there to be productive all the time. We have new ideas all the time. And about four years ago, that career, which was amazing, had a tenured position. So there's the golden ticket. I did. Yeah. So right. I was super happy. Wow. You know, I was commuting at the time. And I thought I'll commute anywhere for like a permanent lecture. Right? didn't quite realize what it would do to me. So you know, what happened was, I was commuting three days a week, I had two young kids, I was trying to constantly catch up with my publications, especially after maternity leave, you feel double pushed to show that you can do it right. Oh, yeah. Is that right? So and burnout crept in. And I didn't even notice it. But I noticed what I was feeling at the beginning, I had irritable, you know, I was fighting with my kids, Dad, I was irritable with the kids, which I feel, you know, feel really ashamed and guilty for. And just the sheer thought of going to work gave me heart palpitations. And there were some more steps, right, I ended up with, I couldn't even

read emails anymore without getting triggered and stressed, had massive panic attacks. Until you know, my body basically said no more. Like it gave me panic attacks, I couldn't leave the house, couldn't go on to public transport. And my mind was still in still in overdrive mode. I was still thinking, oh, I need to work harder. I can figure this out. I need to fix this, right? Yeah, no, panic attack, you can't leave the house, I'm going to keep you safe at home, you stop everything you're doing. And it was awful. It was really, really bad. But also, this made me pause. And just look at what I what is going on here. And so eventually, this led me to you know, taking long time off work, leaving this job in the end, because it was just not feasible to do that commute anymore. And that stress, and then starting my own business. Yeah. So that's sort of the really rushed through version of it. But yeah, I came out the other end, happy and fulfilled and empowered. But it was a tough one.



Carissa Andrews 07:27

I understand that. I mean, it sounds to me. So similar to what we, as indie authors kind of do. Death definitely resonates with my story as well, where it was like, you think you're, it's like, I can figure this out, you're probably a high achiever. You're probably someone who who typically gets your way pretty quickly. And then it's like, why is this not working? Like, ah, all the things and you're trying to just push and push and push until you're like you said, your body just goes? Do you need to keep going, though, like, you know, it's amazing to that you took a look at that, and were able to see it for what it was, and then turned it into something even more powerful for yourself. That's really awesome. And I think so many people need it, they, we need to hear it. And we need to understand that this is a part of our creative process, and to learn when to recognize the signs. So speaking of that, in your experience with authors and other creatives academics, what have you found to be the most common cause? And like, how do they identify those early stages before it gets to be like panic attacks and city here?



08:30

Yeah. So I will say that most of the authors that come to me have either had burnout early in their life and they've just gotten back on track and come to me to finish their book, or or they are so burned out and overwhelmed that they see no other way to finish that thing, which they feel pushed to do. And then they come to me. So I've sort of noticed I thought, oh, yeah, I'm a book coach. It's great. But really, I'm sort of like a writer's coach with a burnout speciality. Just know that I had that experience. And what I see a lot you know, the first thing that I see when I talk to someone I'm sure you've seen that so much as well even just on Zoom, the body language if someone comes on on and they just be so constricted, you can see there, you know, shoulders are stiff, they probably have a headache, you know, they keep rolling their neck and just have that face of Oh, man. I wish this meeting was already over. Yeah, yeah, a lot of body symptoms I can really I'm an empath so I can sort of even feel it through the you know a video how how painful it is something is really thoroughly stuck. Like there's very much stuck and constricted energy in the body. And you know, they talk tell me all kinds of things where they try to sort of at what I just said about myself the same story right? They feel like there must be a solution to figuring out this book to be a being able to find time for writing, but they are so tired like they make time to write in the schedule. And then the The time comes they either too tired, or sometimes even the brain is going on overdrive. Like, do you know? Have you ever had that when you can? Oh, yeah, it's just sitting there. It's like a mix between like super buzz, and brain fog. And you just, you can't write, you just sit there, there's a blank

screen in front of you, you're just super blocked. And all these things could be a sign of burnout. I don't always have to be, but perhaps the biggest one is when I ask them, okay, so what do you do to create space? To take a break to sort of take care of yourself? And they don't have an answer. They're like, Oh, yes, I should do a self care regime and it sounds very strict and harsh. Oh, are you having space? And they like, don't? No, it was the same for me. Like, I don't know, what, what does peace of mind feel anymore? What the space feels like? I can't you know, what is that? Yeah, clear signs that something isn't quite going well. And it might turn into burnout. It might not might you could catch that early. Or you keep going on autopilot pilot and, you know, go right into? I don't want to call it the whole because they're just essentially it is it sort of is it's it's really awful, right?



Carissa Andrews 11:12

Yeah, we're like kind of just sucks the life out of you. And you're not feeling good. I definitely. For me, the early warning signs are when I'm like getting all of the emails that I get. And I don't even want to answer them. Like, it's not so much the reading part. But if I get to the point where I have them, and I know I have to answer them, and I don't want to do it, or don't like there's something there. I'm like, oh, it's I need to take a step back. I need to like like you just said create some space, and a little bit more allowing, no one's gonna die. If I don't answer the email right now. You know, I'm very much a like, I like to handle things pretty quickly. But when I noticed myself doing that, that's when I'm like, to take a step back time to bring a little more space in and I can handle a lot of things. But that's, that's definitely a warning sign for me.



11:59

For sure, you know, so true. And it's the same for me, like when I was in burnout, I could not open my email was out getting basically stress symptoms and sweat. And then if I saw an email from my line manager at the time, I could not open it, I moved it into the archive, and any other emails, even everything felt like, there is another demand on me, there's another request on me, I need to react to this. And I could not cope. So as you're what you're saying is absolutely right. And when I see the emails piling up, and I just, I feel like I don't I don't want to even open my inbox anymore, then that is a clear sign that, you know, something isn't quite going the way it showed them the way you're coping with.



Carissa Andrews 12:44

Cuz it shouldn't be just like a very simple, simple thing that can take a couple of seconds. It's not a big deal. But that's, you know, when you have all those other demands, and then you're trying to put all the demands of publishing or creating or earning money from your books, like all the all the different ways that we put ourselves into burnout places, and like you said, like family, then get on top of it. And like everything's on your shoulders, when you start feeling that kind of, why do I have no support? Then it's, you know, it's definitely time to take a step back and in wonder, why is this Why am I feeling this way? Oh, my goodness. Okay. So you talk about the transformative power of writing, not just for the audience to read it, but also for themselves. Could you share a little bit about how confronting and overcoming burnout can be a part of that transformation?



13:31

So burnout, since it sort of stops you in your tracks, and is so awful for the mind and the body. It is a it's sort of like the dark night of the soul or sort of like the crisis moment, right. And his storytellers, we sort of love that, but you don't just don't want to be in it. But for me, I found that overcoming burnout required me to pause, which I wasn't good at. It required me to make a shift in my mindset, because I was thinking, it's, you know, the system is wrong, and everyone is wanting too much of me. And I felt like, everyone, it was everyone else's fault on top of, you know, blaming myself for not making it and coping. So it required a real shift in my mindset, if required a shift in my routines, how I treat my body. And there were a lot of limiting beliefs. I had to write, I can't stop working, I need to make money. I'm worth nothing. If I don't publish this, my work is not going to be good enough. So I had to learn to sort of like all this shit that creatives deal with all the time I had to present with it and be aware and deal with it. I had to deal with the inner critic, I had to deal with the lack of self compassion, you know, and this is where the transformation came in. I couldn't avoid it anymore. Procrastination is really avoidance of that pain. I had to turn towards it or I would just be paralyzed for the rest of my life. And so that's what burnout did. It pushed me that's where I'm at thankful in a way, it pushed me to look at all the mindset problems, the body problems that limiting beliefs all of that I had to face it.



Carissa Andrews 15:08

Sure. Is that where your the journal construction came in where you decided to create that journal? Or did that come afterwards?



15:17

Oh, that came much later. I think when I was still in that point, at that point, I needed to find something to latch on to because all the things that I tried, I tried meditation, I tried yoga, they were all good for me, but I wasn't getting me out of it. So that things I latched on to at that point was doing the artists way by Julia Cameron. Yes, yes. Yes. Love program. It just this also makes you face all these things. And that had a big journaling component, right? What are you saying? Yes, to all the time that you don't want to do? Where are you not respecting your boundaries? Where are you, you know, not recovering? Where are you believing the inner critic? Where are you being perfectionist? So this, this book basically saved me, I did it two times around, right. So 12 week program, I did it twice in a row with other people. That so that was the first thing where I realized how much I'm changing just by journaling. And the second thing was, I was really, really stuck at the time. And I called my mom, she's a very deadpan German, like, super pragmatic. And I said, What should I do? I expected some sort of wise words. And she just said, find yourself a project something small. So initially, I thought, Well, Mom, I burnt out, like, what do you want from?



Carissa Andrews 16:32

Right, you're gonna add one more thing.



16:35

One thing I did was I went and signed up for a creative writing course, it was an online course on, you know, writing a short story at the University of Cambridge. And I just allowed myself to step into that world, it had nothing to do with academic writing, it had nothing to do with making money. It was just writing some stories and Reclaiming my joy in writing. And those that together with doing the artists way, it's all writing, right. So it basically took writing and creativity made some space for just a tiny bit. And that gave me hope that sort of song got me into thinking, well, maybe there's another future for me than just being the stressed out academic. And that got the ball rolling to start transforming myself.



Carissa Andrews 17:23

Wonderful. Do you want to talk a little bit about the journal that you've created?



17:27

Yeah, it's called the right habit planner. And it's essentially a goal setting workbook, a weekly planner, for writers. And it's trying to integrate all the things that I've learned, you know, myself painfully, but also with all my clients. Because there are a lot of things that we tend to do wrong, especially when it comes to burnout. For example, The Journal starts with your future self vision. So rather than what are all the writing projects on your plate, how can you get them all done? It starts with, okay, take a step back, take a breath and journal about where we would be in two years and three years and 10 years. What do you want to be what we what would be your dream life? How would you show up in the world? And then from that, go back and find one, two or three smaller projects that can get you there and drop the rest, which is hard. There are multidrop stuff. And then it sort of takes you into well, if you have those projects, how can you plan them in tiny steps that are easy? How can you actually schedule the time to do it. And if you see the weekly schedule spread in the planner, immediately, you will have to say everything that you want to do and that we do have to slot it in. So if that looks messy, and too full and written in the margins, I do that still. I know that I'm putting on too much, right? And so that takes you into you know, tracking your progress. What do you do when you have writer's block so that a lot of tools in there that everything basically I do with my coaching clients, I wanted to trend into this journal and workbooks so that you know, not everyone wants a coach or needs a coach, but that people can live this writing life through writing in that journal and workbook and just naturally make it easier for themselves.



Carissa Andrews 19:13

I love that too. And it gives them that that opportunity to make a small step towards the right direction like a small decision that helps them to move out of burnout and trust that they can handle these smaller steps towards a new future. I love that you have the your future self part. Every time I hear someone say your future self. It just makes me smile because we have a program in our evolution where it's it's for meditation and hypnosis, but we talk about your future. It's called your future self. And we're always you know, future thinking about what we're trying to create. And when we do that, sometimes have to let go of that, like you said those things that aren't working for us and embrace something new and sometimes that's kind of

scary because you're afraid of, well, if I let this thing go Who am I then or You know, can I make this money up? Or can I any of the things, but on the other side, if you're feeling like, excited about it a little bit of excited usually on the other side, when it's the right direction you have that. And so it's like you can trust it and take those bigger leaps, you only have one life, right? So like, why are you living a life that you're not enjoying? So I love that and I love the the lighter the the way that you journal things out? I think it's just amazing. It's it's a wonderful tool. So could you offer a little bit of practical advice for authors who are currently feeling overwhelmed by the pressures of publishing? Because obviously, there's lots of deadlines, lots of things that are going on? Like, do you have any specific strategies that have worked really well for your clients?



20:43

Yeah, yeah, absolutely. The first thing is to do less. And so I know, everyone will be like, No, I have all my projects, they are all important. Yeah. Um, but you know, what I do with my clients, and there's a page in the planner as well, where it's called the gold filter, we go through each and every of their goals or projects on their plate, and think about, is this going to help you become your future self? Is it really, really going to help you right? Can you do it with the time and resources that you have? If you didn't do this project? What would it free up time for? Maybe there's another thing? So it's the planner, and this is what I do in my coaching is the same thing. We set priorities, and we practice saying no. And in the planner, there's a section every week, there's a little box that says, What am I taking off my plate this week? So this is number one, it's hard, it's really hard to say no, if you're like a, you know, expert people pleaser. If you get excited about creativity, you want to take on so many shiny things, saying no can be practiced. And it has to be practiced every week. So this is my first thing, right? I also needed to shove things off my plate, including my professor job. That was obviously a big thing. It's not like, you know, saying no to writing a paper. That was the biggest thing I've done at that point. But the future self and the whole idea of what gets me there, how can I say no and set my new boundaries. That was important for that. And the second thing is building a recovery protocol. It sounds a bit harsh, right recovery protocol, maybe you can call it your self care routine, but building it into your daily life. And what I do with my clients is making a list of things that relax your body and your mind. And it could be sleep a hot bath, breathwork, meditations, hypnosis, I do lots of that. Nature immersion, very light exercise, maybe just learning to be present, just sitting for five minutes is the hardest for me just doing nothing. Yeah, right? You draw, right? So making a list of things that are really wholesome for you, everyone has something slightly different, and then planning it into your week. Because it's very easy to say, oh, I should do my self care. I say it every week. But do I really take my recovery time? So this is why in the planner, there's a section where you need to tick off the box. Did you plan what you're doing in your breaks, you know, I have just this week is a busy week for me. So I have meditate at a specific time. And it's in there. And I already know which meditation I'm you know, listening to. And so I need constant reminding of that I need reminding of saying now I need reminding of scheduling in my recovery. And it's hard to do it. But those are super the essentially those are simple steps. They are not big, you don't need to quit your job. And you know, do all these things just like teeny tiny things each week to try out.



Carissa Andrews 23:44

I love that though. And the reminder aspect, I think for a lot of us serial people pleasers, like having that repetition is so important because it helps us to reframe, rewire, and keep

strengthening those neural pathways to change and evolve into something different that we want. You know what we want to become because so often, like, you'll read a book, and it's so enlightening or so powerful, or you'll journal and use a wonderful planner. And then as soon as it's done, you revert back to your old ways because you haven't incorporated it not you haven't gone through it enough. You haven't cycled through it enough. And some of us can learn things right away and pick it up. And that was like that boom, aha moment. And others need a little bit more time to work through it and to kind of go through that process. So is the is the planner something that you recommend them doing once? Or do they buy it every year? Or how does that work?



24:39

So the planner, it's an annual planner, it has space for 52 weeks, and it's unpaid and full of prompts. And the reason is that well actually the planner was meant to be a book. I started it as a book called The right habit with giving all these that I just gave you like writing up all the things the authors should do. And then halfway through, it felt really wrong, because I noticed I wasn't doing the things myself because I didn't have these daily prompts like a visual, sort of like something that made me do it. So I dumped the whole that book idea and said, I'm going to make a planner, where all they have to do is open it if you just have to keep it on your desk. That's all to do. You open it, and then you try it out for a week and one week will be really shitty, and the next week will be a bit easier. And you just keep going, keep going. And since it's undated, if you skip two weeks, and you'd go back into your old patterns, you can always return like the right habit planner is always like a me as a coach, it's the same thing. You can always return to yourself, you can return to the planner, there's always a new chance, nothing is lost, just because you lost that habit of taking breaks for a week, you know, you have 52 weeks. And if you slack a little bit and you miss one week, even better that you know it's undated. There are more weeks there. So it's almost like it's, it's not going out. You're just it's always it's your companion, that's what it's meant to be. That's great.



Carissa Andrews 26:02

Well, it sounds like you still have potential then to have a book that can go along with it. Like if you have the material, you know what I mean? It's like, what a great complementary companion, for the both of them, you know, so awesome. And I love the title, that's great. I have a book out there called right frame of mind. So I'm with the same kind of WRI te, and I'm working on a new book myself, and it's called write your reality. So WRI te, and it's just I love, it seems like we're so in sync with with like, the concepts and what we're trying to do is wonderful. It just keeps making me smile. Okay, so for authors, speaking of smiling, who have lost their joy in the writing, do you have any steps that they can take to rekindle that other than what we've already discussed?



26:48

One thing would be, it sounds a bit counterintuitive, but get away from the desk, the harder you force yourself to sit there and write. And for some people, even journaling might be a little bit too much. I mean, I love journaling. But some people need to just get their bum off the seat and go away, go into nature, do something else, and then return with a fresh mind to have

some new input. Right? That would be one thing, and it gave me immense joy to do some weird, you know, weightlifting, and and I'm really not, I find weird that I'm saying this, I'm not athletic at all, but I did some weird stuff, right? Yeah. So just getting away from the desk. And just, you can be a writer, when you're not sitting at your desk, you are still a writer, and I needed to learn that that even without that word count. And that gave me my joy back that gave me sort of just I was then eager to write it was almost like, hey, some you know, get away from the desk, okay, but I want to go and start writing. So it triggered me to want to write one thing. And then, of course, what you said, anything to do with the future self scripting your future. Just envisioning it like closing your eyes, imagining yourself in your favorite writing spot somewhere in the future, it might be a shed in your garden, it might be at the beach, it might be in a forest by a little stream. Just imagine yourself sitting there writing the thing you never dared to write. You know how many people say they want to write a novel, but instead they are writing blog posts, I'm talking about myself, right? imagining yourself, not just having your book published. But imagine yourself sitting there in the process of writing, being calm, collected and loving every second of it, just this delightful vision. Anyone can do that takes 10 seconds, close your eyes. And that it always makes me smile. And I always feel good. And I feel like oh, maybe I can do that. You know?



Carissa Andrews 28:43

Right. And I love that you focused on that, that like how you feel because I think for a lot of us, especially when you're in that place of like, I feel nothing, I'm not even happy with any of it, I'm not looking at any of it. And then just just trusting like, even if you can't see that future version yet, like trusting that it will appear. But knowing how you want to feel, and then going into that place of like, it gets to feel joyful, it gets to feel peaceful, it gets to feel easy, you know, like having, having those things. I think that's so powerful. And, you know, it just allows you to settle back and I don't know about you, but I'm an analytical. So I like if I'm like, I need to figure out my future self. What's that gonna look like? Okay, I gotta be in a chair or whatever. Like, I start going into this place. And sometimes it can be just like you said, that quick, easy, like, how do you feel about it in that future place and just, I love that it's so good. When you envision your future self that it's almost you see this, some people get really hung up on this, you see this perfect version of yourself and you are, you know, still sitting there in your normal life and it can't you see that gap between right and some. I sometimes find that stressful. It's almost like you're you're stretching a rubber band and there's a lot of tension, and so it's easy to just let go of the future selves. Let's say okay, none of the future self stuff. It's pissing me off. But at the same time, if you could just think about, what if? What if I could take a teeny tiny step today? To feel a tiny bit better just buy a new journal buy a new pen? I mean, I'm geeking out on stationery all the time. What if, right? So for example, I have a client who was super blocked. And she and she told me that when she thinks of writing, she sees a huge wall in front of her with Monster mouths in that wall that are screaming abuse at her like she's worth nothing. She's broken, she cannot write. And she thinks she's supposed to climb over that wall. And like the teacher teeth are gonna latching on to her feet as she's tried to climb that wall. And it was awful. Like, I felt everything. She said I could see it in her body. I said to her, okay, but that's I understand. What if there was a door? Right? What if behind some brambles? What if behind some bushes, there was a door that you could just could you trust? Could you think of the idea that there might be a door that you don't have to climb that wall? You just find that door? And she said, You know what, I'm not sure if there's a door and this wall is still there. And it's scary, but maybe there is a door? Like the tiniest step, you can take just adds a tiny glimmer of hope. What if there was a door? Suddenly, after that? It shifts your shift, right? Yeah. Oh, when you send that to like before you actually said the door part. I was like, Well,

what if you were already on the other side of it? Like, what if you didn't have to climb it at all? What if it? What would it feel like if you're already on the other side of that wall? It's like, oh, that's so good. Yeah. declined.



31:45

I said, Well, what if there wasn't a wall? Because essentially, that's what it is. We make up these right? I said, what if there wasn't a door? So what if there wasn't a wall? And she said, No, no, no. So she wasn't ready for that step yet. Right? She was like, Yeah, this was mine. It's awful. And I'm holding on to it, and then I had to fight together. Okay, then, let's switch to what what if there's a door? So that's often as you know, right? Talk with friends or you talk to a coach, like, you need to find a way just like a way in just a little crack of light, like a crack with the light comes through. Yeah, and then there.



Carissa Andrews 32:20

Right, right. It reminds me of that emotional scale to I don't know if you've ever studied Abraham Hicks, but like when you're in those lower vibrational places, you can't just leap to like joy and bliss, you have to kind of work your way up. And you do that by, like, what's the next best feeling thought? Like? Is there a possibility? Do I have to believe this? Does this have to be true? You know, like, just working your way up so that you start to feel a little bit better? Just a little bit at a time? It doesn't have to be any giant leaps? Because I think a lot of us get hung up on like, how do I get there? So far away? Doesn't feel it doesn't feel like I'm ever gonna get there. Yeah, I love that, though. It's what a great visual to be working with, for for not only heard, I mean, hopefully she's working on getting over it. But what a great example for my listeners to so thank you for sharing that. That's awesome. Okay, so looking ahead, for like the conversation around writing and burnout and mental health. What do you do envision, like us, as an industry or as a community or as a like, even just humanity? Do you see it evolving? Have you been like, as you work with your clients? Are you seeing more people coming in? more willing to shift or, like, obviously, they're coming to you, because they witness within themselves that they're in a burnout state? But what how do you see it evolving, going into the future?



33:39

I've definitely started seeing a shift. Most of my clients are women who are super intelligent, highly creative, and totally bogged down. As you probably know, many listeners too, and I see that they are you know, they wouldn't come to me as a writer's coach, if they didn't believe somehow there might be a way out of this because previously, I was the same as an academic it was all about I need to prove myself I need external validation. I need to publish publish, I need to prove that I can do it all. And yes, we need system changes, right. But more people are now trying to find another way, maybe a more holistic review of the writing life away from just the pressure to perform to prove that you can win prizes be perfect, publish more and more be productive, you know, and more of realizing that creativity needs space, you know, it needs connection with others, it needs reconnection with yourself. And I feel that I see more and more people also really interested in in the process, like have quite a few clients who come to finish an academic article, for example. And by the end of the program, not everyone finishes it. But

everyone says I've changed my mindset. I've changed the process. I trust that in the next two, three weeks, it's going to be submitted to read, and so it's shifting towards honoring the process and honoring how you feel in the process. I know it sounds a bit, you know, aspirational, maybe. But this is really what I'm, that's my mission, right? I want the process to be writing to be enjoyable again, just this just this is where the focus should be right? So writers can thrive.



Carissa Andrews 35:23

Same. I think for me, the reason I started author revolution is I was seeing a lot of people in the industry, you know, trying to push really, really hard, publishing a book a month, or publishing as quickly as possible rapid releasing. And I started my coursework with a program called rapid release roadmap that I didn't want them to feel, or I wanted to give them a reason to know that you can do this sustainably, you don't have to do it, you know, a book a month, if that doesn't feel good to you, because no one at the time was really talking about how to be sustainable and publishing or how to feel better about your writing, or how to feel better about your author career. I think it's so powerful that so many of us, obviously yourself included are coming to the mission of helping authors see that this is like creativity is ours, like it, it doesn't have to be done any certain way. It doesn't have to be looked at any certain way, you don't have to earn a certain amount of just because you think you should, like if you if you want to then great if you're feeling called to it then great. But allow it to be fun, allow it to be open, allow it to be flowing, you know that just really, it speaks to me, because I've seen so many people burning out like over the years, I've been in this industry for over 12 at the moment. And I've seen like the ebbs and flows and things that have been gone going on in our industries and publishing in general. And it's like, we have so much beautiful potential, we just need to be able to, you know, trust ourselves a little bit more that we know the right path for us.



36:58

I'm 100% Basically, when it comes down to what is like, what's my ultimate goal. And I think that if we are basically fully in sync here, if I could wave a magic wand and solve you know, all the writers problems, it would really be trust yourself, like trust your story matters. Trust, you're worthy to be seen trust, there are people you need to who need to hear your story and trust that you can create the space and the time to write that just trust. It sounds. It sounds so bad now, but who has that trust? Most people don't? And part of everything.



Carissa Andrews 37:33

I love that? Oh, my goodness. Well, Nicole, obviously, my audience needs to come find you. They need to figure out how to get in touch with you, if nothing else to get the planner. Where do they go to find you after this episode?



37:46

So I'm on Instagram and Twitter at Dr. Nicole Janz, and the website is thewritehabitplanner.com. Very simple. And yeah, you'll find me everywhere I have a website called NicoleJanz.com. Where lots of you know that lots of freebies to download and things to

called nicolejanz.com. Where lots of you know that lots of goodies to download and things to try out. Yeah, I'm I'm pretty much everywhere. But the right handed planner might be the first step point. Absolutely.



Carissa Andrews 38:08

One, I will make sure that all of the links are in our show notes. So they can find everything very quickly and easily as well. Well, Nicole, thank you so much for being a part of this discussion and bringing your expertise and your knowledge on, obviously everything that's been going on burnout and overwhelm, and for writers because it's such an important conversation. So thank you for being here. Thank you for having me. It was a wonderful discussion. Thank you. Well, what did you think wasn't that episode? Fantastic. Nicole is so interesting. And I loved the conversation that we had about burnout and in specific even hearing about her, you know, struggles and reality with going through burnout. Now for me, I have never had burnout quite that bad, at least not with my author career. I definitely had panic attacks and things of that nature when I was actually going through a divorce. But it was never that bad because of my creativity or the things that I'm doing. I do notice though, when I start to get into that place, like I said in this podcast episode, one of my first alarm bells is when I'm starting to get emails because I get an awful lot of emails every single day. But when I get emails, and I don't even want to respond to them, like there's a resistance level there. And I'm like, Hmm, okay, I need to take a step back and rethink what it is that I'm doing right now. Right. So that's definitely one of my first symptoms. But I think, you know, we're like Nicole said, we're all different. And so sometimes it could be that you're snapping at your spouse or you're snapping at your partner or your kids, or you're hiding from your boss, you know, whatever the case might be. Knowing that, you know, there's this place of creativity but you can't get to it through pushing you can't get through it or to it through efforting and Abraham Hicks talks an awful lot about that, too, about how in order to receive the things that we really want, in order to get to the point of having, we have to let go a bit and trust that it's already ours, right? The resistance is there because we are focusing on the part that isn't working. And we're not focusing on the solution side, the thing that we really enjoy or want, and that's where the mindset stuff becomes so important. Future, visualizing your future self, you know, doing the meditations, doing the hypnosis, and just making more space in your day. One of the things I'm definitely taking from the right habit planner, I love this book, by the way, I got it from Nicole, and it's just amazing. But is that idea of what can I let go this week? What am I going to say no to this week, I'm not fantastic at saying no to projects. In fact, most of the time, I'm like, Yeah, let's do this thing. And my friend, Jenny and I, she is She was my PA a while back, when we were, you know, incorporating new things. She was always like, no new projects, like when I was going through burnout with my author career, no new projects were working and focusing on this one thing right now. And that was so crucial, I actually really needed that reminder. And it's one of the things that I remember most finally working with Jenny, because she's transitioned now into doing more like direct store physical work. So mailing books, and getting all the book boxes put together and things like that. And I'm just not there yet with what I want to do with my author career. And so we still get together, we still talk. But looking back, that's one of the funniest, funniest aspects that she brought to my career at the time. And I really appreciated that about her. But burnout is something that I think a lot of us tap dance around. And in this industry, where everyone's like, you know, publish faster, get more books out, the more books you get out, the more you're going to earn. Sometimes that's not actually the case. Because when we're focused on the lack, when we're focused on what's not working, what we see then is like, I'm putting out more books, but my income staying the same? How can that be? Well, the reason that happens is because we're no longer allowing ourselves to future,

envision what we get to have, we're so worried and focused about it not working, that it's not working. You know what I mean? So we need to release that to allow it to be fun, and to let go of the outcome, so that good new things can continue to come in, money can continue to flow, we can continue to enjoy the process of writing. So I hope that you will check out the right habit planner, it's a fantastic book, it has so many good questions and insights in it. And I think you're gonna really love it. So make sure you head over to authorrevolution.org/231. And I will make sure all the show notes are laid out for you right there, including the transcript, and the links over to Nicole's websites. If you're in a place of burnout, if you're in that struggle, bus mode, right now, I want you to know that there are people like Nicole, people like myself, who are here for you, like reach out and just have a conversation. And, you know, we're always here to be able to help guide in any way that we can. This planner is going to help you. Just knowing and trusting that the best thing you can do for yourself is give yourself space to allow yourself to relax, to you know, hop in a bathtub with a glass of wine and read a book if that's going to get you out of your current momentum of worry and you know, frustration or burnout. Just do what you need to do in order to support and nourish yourself. Because first and foremost as creatives, our creativity comes from a place of connectedness, a place of being able to be creative, because we're not forcing the creativity. And when we force it doesn't always have the intended consequences, right? So just take a breath, unclench your jaw and just breathe, okay, just breathe. You've got this. It will work out for you. It will always work out for you. The only question is when are you going to let it in? Alright. So enjoy the call. Enjoy the planner, check everything out. And then go forth and start your author revolution.