

Vesna Hrsto on the Flying Solo podcast

*Automated transcript

Cec Busby ([00:05](#)):

Hi everybody. I'm Cec Busby, editor of Flying Solo. Welcome to our weekly podcast where we step inside the minds and lives of soloists and small business owners. If you are struggling with exhaustion or overwhelm and wanna kiss that feeling goodbye, well, today's guest, Vesna Hrsto may have the answer. Vesna is a naturopath, executive wellbeing coach and mind body peak performance specialist. Over the past decade, she's helped thousands of business owners improve their health and wellbeing so that they can do their greatest work and live a fulfilling life. Vesna joins us today to provide some fantastic advice on how to say bye-bye to burnout and hello to your best life. Hi Vesna, thanks so much for joining me on the show today.

Vesna Hrsto ([00:53](#)):

Amazing. Thank you so much for having me.

Cec Busby ([00:55](#)):

Ah, my pleasure. I'm really looking forward to picking your brain because you are an expert in something that I think a lot of small and micro-businesses and women, and probably everyone in general, suffers at some point in time from burnout. So I'm really keen to get into the nitty gritty of it. But first, let's maybe start with a bit about your journey because you started your first business as a naturopath very young, with no business experience. So how was that for you?

Vesna Hrsto ([01:29](#)):

Well, I think, cause I was so young, your mind doesn't go to all these worst case scenarios, but I mean, it was a challenge, but it was exciting. You know? I didn't have any business experience. I came from a family that were in business most of their lives and so I had that experience. But going into it, I just had the passion and the hard work ethic and was determined to make it a success.

Cec Busby ([01:56](#)):

I think that's probably true of a lot of people that start businesses. They start it from that passion point and then they get into the business and they see there's all this other stuff that they maybe might not have a handle on and that can sometimes lead to overwhelm. Was that something that happened for you?

Vesna Hrsto ([02:15](#)):

Definitely, and I was young too, and I think you get very busy and I was busy in my work, I'm dealing with a lot of people who are unwell or sick or have major illnesses and a lot of that was overwhelming, in terms of dealing with that and then running a business. And I didn't really have the skills to handle the workload, the different parts of the business, the amount of stress that I felt that I was under. I mean, for my own business, I went through burnout and that's why I talk about it because I got stuck in that place for quite a few years and it was a really hard place to operate from. And I'd gone into my business and I knew I'd wanted to be a naturopath since I was like 14, 15. Right. And so, and then in my business I was like, I don't even know if I wanna do this anymore. Because I was just so burnt out that I couldn't, I

didn't relate that actually I'm worn out too stressed, too tired, too overwhelmed that it was really just kind of sucking the joy out of my passion and my work.

Cec Busby ([03:21](#)):

So that's how it kind of manifested for you this, this sense of joylessness in what used to be something quite joyful?

Vesna Hrsto ([03:28](#)):

Yeah, it's definitely one. The other one was, I'd have to have naps during the day. I was that tired. I was living on caffeine and M&Ms chocolate and I was, yeah, I was just anxious all the time. I was irritable. I didn't wanna socialise cause it was all just too exhausting. I gained a lot of weight as well. So that's how it manifested for me.

Cec Busby ([03:55](#)):

I'm sure it sounds all too familiar for a lot of our listeners. So what steps did you take yourself to get yourself out of that funk?

Vesna Hrsto ([04:07](#)):

Well, being a naturopath, I thought that, right, I've got all the tools, I've got dispensaries, I've got my herbs, I've got my supplements, I know what I need to eat. And I did all of that and I still wasn't getting better and I was still finding that I was very burnt out. So it took me, you know, quite a few years to really understand that so much of our mental stress, cuz I look at business that there are challenges, but it's the emotional rollercoaster that gets us the most. And unless we can deal with our mental and emotional stress, it's going to lead to burnout. So it's not just a case of having too much to do or too much on our to-do list. It's how we are dealing with all of that. So having a recovery plan. So yes, looking after the body, setting up good habits, but also reducing the mental and emotional stress. Really building resilience, and not, you know, having so much on our mind stay on our mind. So letting go of the overthinking, the overanalyzing, the worry, concern, et cetera.

Cec Busby ([05:07](#)):

I think that resilience piece, it's something that's talked about quite a lot at the moment. I think especially since the pandemic, business owners needing to find that resilience and people in general just needing to have more resilience to be able to cope with what's going on. What would be some tips that you would have to build resilience?

Vesna Hrsto ([05:31](#)):

The first thing I always recommend is, number one, taking care of the physical stress on your body. So in terms of diet and how we, and our lifestyle... So we wanna be able to, when we look at burnout, we look at chronic stress that hasn't been managed successfully. And most of that is mental, emotional stress. But we can do a lot to change the body and the biochemistry in order to help us to adapt to stress and handle things better and not get so caught up. So one of them is reducing the stress on the body or stress hormones. So I really go into eating well. Like, carbohydrates can help to reduce stress. They reduce stress hormones in the body, they help us to come out of a stress response. Having regular meals also helps to support the body during stress, cutting out sugars, things like that. Which actually has a huge impact on our glucose levels, which then has a huge impact on our stress hormones, has a huge

impact on energy and our mental concentration. So at the end of the day, if we can feel good in our body in terms of physical energy and mental energy, we are going to handle things very differently.

Cec Busby ([06:49](#)):

That's so true. If you've had a good meal, you're much less likely to be angry with someone, aren't you? <laugh>?

Vesna Hrsto ([06:55](#)):

Yeah. So that's a really good example, right? So think about it, if you have, if I was to sit here and eat some chocolate, in about half an hour I would crash, my energy would crash. And this is kind of happening in our bodies cuz stress releases a lot of glucose into the system. So even if you don't eat, stress releases a lot of glucose and that causes our blood sugar levels to go up and down, and then that is gonna affect our concentration, it's going to affect our mood, it's going to affect our energy. It can trigger anxiety. So it has a huge impact.

Cec Busby ([07:33](#)):

Yeah. So, you saw this was happening to you. What kind of changes did you make?

Vesna Hrsto ([07:42](#)):

So, like I said, diet changes to diet. I looked at ways, also herbal medicines can help to reduce stress. Obviously there's herbal adaptogens, which I won't get too much into cuz it's obviously has to be something that's more prescribed. But really focusing on putting good nutrition into the body, cooking your meals at home. I mean, that's something I already did anyway. But I see with a lot of my clients, particularly when they're busy business owners, they do so much in their business that they're exhausted to cook afterwards. And a lot of meals are being eaten out. So you can't control your nutrition if someone is cooking your meals, right? The thing that I always say is, I would recommend all of my clients and anyone listening is to go get a checkup from your GP and get a pathology test, to have a look at what's happening inside your body. Your mineral levels, your electrolytes, your iron. I always recommend women get thyroid, but also for men too, thyroid tests. Have a look at your hormones, liver function test, which is normally included in a normal pathology test. Just to check up cholesterol, glucose, all of these things, to have a look at is there something, is there other imbalances in the body that really need to be addressed? And that can make huge difference in the way that you feel.

Cec Busby ([09:06](#)):

And so you started as a naturopath and you've spent many years building up your naturopath practise, but now you also work in this coaching side of things. So how did that come about?

Vesna Hrsto ([09:21](#)):

Well, that came about through my own journey. Cause I realised that sometimes you can do all the right things in terms of taking care of yourself and you still feel burnt out, still feel tired, still feel exhausted, still feel overstressed. And I really came to see that this mental and emotional stress piece was really what's draining our energy, and draining our energy for a lot of people. They look at, stress is like this number one factor of making us tired and making us sick. Yet we can't seem to get a handle on it. We create, you know, it's great to have routines, I always recommend my clients go to bed earlier. Exercise is a way to relieve stress, journaling, meditation, all of those things. But for me, and what I found with

my work with my clients, is that there has to be a shift in understanding how the mind works, how we can use our mind in a better way. Because that's really the heart of it. Because we get stuck in overthinking, worry, concern, and we're not using our minds in the best way that they're designed to be used.

Cec Busby ([10:25](#)):

So what shifted for you then?

Vesna Hrsto ([10:30](#)):

In that area?

Cec Busby ([10:31](#)):

Yeah.

Vesna Hrsto ([10:33](#)):

Just seeing that I was creating a lot of my own stress. For example, in business, you know, business has its cash flow and financial ups and downs, right? And if you're in a low point, you could really get stressed out about that. And your mind can come to all of these scenarios of what could happen, you know, these worst case scenarios. It's in that place that we create a lot of stress for ourselves. And I could see that, sometimes, like in the beginning of my business, sometimes there was cashflow issues and I'd be really stressed and then other days I wouldn't be stressed. Yet, the number of my bank account was still the same. And I could really see that there was more to play here than just what my financial situation was.

Cec Busby ([11:24](#)):

So, it was attitudinal.

Vesna Hrsto ([11:26](#)):

Yeah. It was more my perspective, right? It was more my mind was focused and concentrated on those things and worrying about them, thinking ... You know, we get stuck on a problem cause we try to find a solution, but the mind works best when our mind is clear. That's the best way that we resolve and we find solutions. But being stuck with lots of thinking and then overthinking and more overthinking doesn't help us come to a solution.

Cec Busby ([11:53](#)):

No. But it can be difficult to quiet that side of your mind. If you do have some legitimate stressors around cash flow or staff shortages or whatever, how do you get that voice to go silent?

Vesna Hrsto ([12:10](#)):

Well, I don't think you'll ever get it to go silent, but it's a case of, is it in the forefront of your mind? Like, is it like a loud marching band in your head or is it in the back? And that's the difference. And I think for me, in my experience and with that of my clients, is that when you actually see that I perform really well when my mind is clear and that when I'm overwhelmed, maybe I just need to step back for five minutes, chill out a bit. Because I know that if I come back clear, I'll be able to do my work and be able to think

clearly and find a solution to a problem or come up with another creative idea. Can't do that when I'm overwhelmed.

Cec Busby ([12:50](#)):

Yeah. So does meditation play a role in that? Because it's kind of a bit like, don't think about the elephant. Well, all you wanna do is think about the elephant. How do you practically, what's some advice for quieting down that voice that's causing you so much stress?

Vesna Hrsto ([13:09](#)):

Yeah. Well I think whatever, if you can walk away, for me, if I just walk away and if I go for a quick walk or I'll ring someone and have a chat just to literally take my mind off it. And for someone else it might be meditation or it might be, I don't know, watching something on TV for five minutes. I don't know, whatever takes your mind off that in the moment will be enough to relieve the overwhelm and clear your mind. Does that make sense?

Cec Busby ([13:36](#)):

Yeah, yeah. No, it does. So let's talk about your business as it is today, cuz it's quite different from where you started. You've probably helped thousands of women in their journey to balance their ambitions with their work and their life. So it's a tricky tightrope, isn't it?

Vesna Hrsto ([14:00](#)):

It's tricky. I always say that as long as you have a recovery plan in place, you have a plan in place that looks after you, takes care of your physical health, your mental health, and you have good habits in place, then, with business you get really busy times where it's not gonna be so balanced. But then you still have your recovery plan and then you have a recovery period to kind of balance it out. But in terms of work-life balance every day, probably it's not gonna look like that. But as long as you're taking care of physical, mental and emotional needs.

Cec Busby ([14:38](#)):

Yeah. I guess it is unrealistic to think every day is gonna be this perfect balanced day <laugh>, that's a very unrealistic expectation.

Vesna Hrsto ([14:48](#)):

<laugh>. I mean, I think you're lucky to have a good week, whatever that looks like. But I mean, there'll be pockets of time, there'll be some days or, you know, it could be weeks that you have like more downtime or take a break and it's just balancing that out while still taking care of yourself. And in terms of my business, yeah, it's really changed over the years. So I went from being in a clinic to taking everything online. And this was many years ago before it was anything. So in terms of, there was no other naturopaths doing anything online. So it was really discovering a new way to do business. And it was quite a big learning curve for me. Because marketing plays a huge role and technology, just the technology in itself was quite huge back then. So yeah, I run online programmes, I do group coaching, I do one-on-one, I do corporate training programmes. So yeah, it's really diversified.

Cec Busby ([15:49](#)):

But I guess the problems are pretty much the same across the board.

Vesna Hrsto ([15:53](#)):

<laugh>. They are. Yeah. Look, even, I mean, I get a lot of teachers, nurses stay-at-home moms, like, it's really everyone's feeling the effects of having chronic stress.

Cec Busby ([16:09](#)):

What do you think is driving this epidemic of stress?

Vesna Hrsto ([16:15](#)):

I think it's very accepted. You know, I think it's very much become the norm to be stressed. I mean, some people in business will, it's almost worn like a badge of honour. You know, I'm so burnt out, cause I work so hard. And I think there's just, there's not enough, I dunno balance, but not enough recovery in place. Like if you look at athletes, they push themselves to extremes mentally, physically, emotionally, and yet they're champions. And they really take care of their physical. I mean, they obviously have a team, but they take care of their physical and mental and emotional health. They really have self-care in place as part of their recovery to keep them as champions.

Cec Busby ([17:07](#)):

So we all need to take a leap out of that athlete's book and adopt self-care as part as part of our every day.

Vesna Hrsto ([17:16](#)):

Definitely. Yeah, definitely. I remember reading about an Olympian in the US, she was a long distance runner, Deanna Castle. And she said it wasn't her training that ended up making her a champion, but it was her self-care and recovery plan. She slept a lot, I can't remember how many hours, but it was like she was sleeping through the day. She was napping, she was having lots of sleep at night. She was eating well and just her self-care was what she ramped up that made her a champion in the end.

Cec Busby ([17:47](#)):

Do you think that there's sometimes these feelings of guilt though, because I think everyone's got so many expectations on them about how much they need to achieve every day, that if they take time out to look after themselves, they feel like they're doing wrong by someone else sometimes.

Vesna Hrsto ([18:08](#)):

Yeah. I think then you've gotta look at how you show up too. So say, you're a mum, you run a business and you've got kids. At the end of the day, a lot of women come to see me because they are running the business, they're burnt out and they're snapping and yelling at their kids and they don't wanna be like that. And so it's not showing up as your best self. And I think looking at it from that perspective, yeah there may be guilt or whatever, but if you take care of yourself, you're actually going to feel better and enjoy the company of your kids and your family without feeling like you're too tired to have the patience.

Cec Busby ([18:49](#)):

So is that like an early warning sign? What would some other signs be that you're on the brink of <laugh> going into full scale burnout?

Vesna Hrsto ([19:00](#)):

Well I think if you are feeling tired all the time and your sleep is not helping you to feel recovered, so if you're still wake up tired, so it doesn't matter if you get enough sleep, you're still waking up tired. The other thing I normally tend to see is reacting to even small amounts of stress. So little things setting you off, whether it be making you anxious and overwhelmed or it's making you irritable and angry. So, whereas normally something like that wouldn't...

Cec Busby ([19:32](#)):

Yeah. Cuz it can impact people different ways. As you said, some people might get that sense of overwhelm and anxiety and other people might just get ferociously angry.

Vesna Hrsto ([19:45](#)):

Yeah, yeah. And you know, it's a different emotion, but it's the same problem underneath. And losing joy in your work, it starts to feel, business starts to feel like a burden. Too much pressure, too hard, not energising but draining.

Cec Busby ([20:04](#)):

We're just gonna take a little break and have a short ad break and we'll be back with more from Vesna in just a minute.

([20:16](#)):

All right. We're back with Vesna and we're chatting more about burnout and some of the signs that might show that you're in danger of slipping into a full scale meltdown. And we've talked about sleep being an issue, the losing joy in your work, the feelings of overwhelm or anxiety and, perhaps anger. Is there anything else that might be a sign pointing to the fact that we've probably had enough? It's time to put your hand up and go, I need some help?

Vesna Hrsto ([20:52](#)):

<laugh>. I mean there's quite a few. If you notice yourself drinking more, I see a lot of business owners say this is stress relief. Drinking more alcohol at the end of the day just to kind of unwind.

([21:07](#)):

And then it ends up being can be every day. And then obviously that all adds up

Cec Busby ([21:12](#)):

<laugh>. And that won't be great for those liver results in your pathology screen. <laugh>. All right. So we've recognised some of these signs. What's the first thing we should do?

Vesna Hrsto ([21:27](#)):

Yes, like I said, I always recommend to get a pathology test, get a checkup, just to have a look at what's happening inside the body, if there's anything outta balance. And sometimes, it's when you see imbalances in your pathology, it can be a bit of a wake up call for some people who are not focusing on themselves and feeling like they don't have the time. So it's a little bit of a wake up call, in a good way though, to get them to take action. So I always recommend to do that. The other thing is to reduce stress on your body. So improving nutrition; really going for making better food choices. Cooking at home, like I always say. We always stick to the same meals. Like we tend to eat about ... most people

generally eat 10 of the same meals, it's some variation of 10 meals. And so if you were to cook at home and find some healthier recipes that you could just make really quickly once you get used to it, that would be a really positive step to changing your nutrition and your health and vitality.

Cec Busby ([22:36](#)):

Because a change is as good as a holiday. That's what they say. <laugh>.

Vesna Hrsto ([22:42](#)):

And like I said, the other thing is reducing mental stress. So finding ways, whether it be coaching, cause coaching can be good because it helps you to identify or address your specific points where you get stuck. Or you know, incorporating something like meditation, doing exercise, something that helps you to switch off and to unwind.

Cec Busby ([23:05](#)):

And you mentioned sleep early on. How important is it getting those eight or nine hours? Because some people think they can get by with just five or six.

Vesna Hrsto ([23:17](#)):

Yeah, look, most of the research proves that to be not true. That you have to actually have eight to nine hours of sleep. It starts to affect mental health, it starts to affect our body's metabolic health - our metabolism. It affects our appetite hormones. So a lot of that stuff can start to lead to cravings and eating the wrong foods and gaining weight. But it's important for recovery. Our brain cleanses, detoxifies while we are sleeping. And so we have this kind of like a mind reset overnight and the eight hours is important. And the time that we get to bed before midnight is equally important cuz it aligns with our circadian rhythm. So getting to bed, I'll always say be in bed 9.30, 10:00 PM and I know for some business owners that can seem really early, but the recovery effects from that are huge.

Cec Busby ([24:13](#)):

What about if you are someone who happens to be working, their business is in hospitality, for example, so shift work is part of what they do. How can they make sure that they get enough rest?

Vesna Hrsto ([24:27](#)):

So the days that they're not working late, even trying to organise their schedule so that some days they can be home a little bit earlier, or the days that they're not working, get to bed at a good time and catch up on that rest. Having naps where they can, just to catch up on the missed sleep. Because quite often, hospitality workers, sometimes they can go to bed late and still wake up early or sometimes they go to bed late, and wake up very late. But as long as they're getting sufficient sleep, obviously they can't have the time before midnight sometimes. But where they can, they should get it.

Cec Busby ([25:03](#)):

And what about morning routines? Are you one of those people that's a proponent of the morning routine; start your day with exercise or a special breakfast or whatever? Like, how important are those kind of habits?

Vesna Hrsto ([25:19](#)):

Well, I always recommend for someone who is burnt out or heading towards burnt out is to have breakfast within 20 minutes of waking. It does a lot to reduce stress hormones before ... because our stress hormones, our cortisol, which is our main stress hormone, starts to rise naturally in the morning, it's what wakes us up, and it's our highest in the morning. And if we go too long without eating breakfast, when we are burnt out or heading towards burnout, our stress hormones really rise. Like they really hit a new peak. So that sets us up for the day of feeling overwhelmed, anxious, stressed and it does a lot of other things to our metabolism as well. But if you can have breakfast within 20 minutes, you'll find that your energy is just more balanced; not feeling as stressed or anxious. And metabolism is much happier that way as well. So I'm like the queen of smoothies in the morning because it's so fast, quick and easy. You can pack a lot of nutrition into a smoothie and you can even pre-make it the night before and just chuck it into the blender and even have it on the go. But yeah, 20 minutes is the sweet spot.

Cec Busby ([26:26](#)):

What about a walk? Should we all try and get a walk in before we go to work? <laugh>

Vesna Hrsto ([26:31](#)):

Well I think we should, the aim should be to have daily exercise, daily movement, whether it be walking, whether it be doing some strength training. And I think for a lot of people in business now, a lot of the work can be on the computer. For me it is; I'm spend all day sitting at the computer or standing at a standing desk, but getting out and moving. Absolutely important.

Cec Busby ([26:55](#)):

So we've covered that morning routine, we've covered the importance of good sleep and getting your breakfast in early in that first 20 minutes. What else do we need to be doing?

Vesna Hrsto ([27:07](#)):

Well the other thing that I do with my clients is really look at balancing the hormones. Cuz with prolonged stress, you're going to find that stress hormones throw out the thyroid hormones, or even our normal sex hormones, testosterone, oestrogen, progesterone, and they all get thrown out and can affect and drive more anxiety and depression. Neurotransmitters in the brain get thrown out. And so just correcting those imbalances again, that's a bit more prescriptive, but if you can reduce stress, like physical stress, mental and emotional stress, set up these routines, get to bed earlier, eat well, cook at home, et cetera, you'll reduce the stress hormones in the body. Stress hormones are kind of, they're really dominant. Basically when we're stressed, all of our other hormones get impacted. And so if you can reduce that part, you would do a lot to rebalance your hormones naturally.

Cec Busby ([28:03](#)):

So that importance then of going into your doctor, having a checkup so you've got a baseline to see what's going on with your body.

Vesna Hrsto ([28:13](#)):

Yeah. And this would be helpful, cuz I normally put this into a PDF, I normally recommend some basic pathology tests that people have. So you can take it to your GP or you can even order it online like in the pdf, I've got a link there if people wanna order it online themselves, and not line up at the GP, but just

some good markers to have a look at all of those things, the hormones, the liver, the electrolytes, everything that will affect mental and physical health.

Cec Busby ([28:47](#)):

So fingers crossed, we do all the right things, we get our burnout under control, we're back on track, how do we make sure it doesn't recur?

Vesna Hrsto ([28:59](#)):

Yeah. Habits, building those habits. I still eat within 20 minutes of waking. Sometimes I'll do fasting, but that, the exercise, getting to bed on time. Obviously if I'm working back later, that doesn't always happen. But good nutrition, cooking at home. The habits that you build as part of your recovery stay in your plan.

Cec Busby ([29:22](#)):

And is it easy to build healthy habits?

Vesna Hrsto ([29:28](#)):

It is. It depends on, I think my experience is it's only hard if you, we make things hard, right? We make it hard in the way that we maybe see them and maybe our past experiences, but really, the habits are not hard in themselves. Some people find it easy, some people find it more challenging and it really depends on the person. But no, because once you start to feel better, it's really easy to keep going.

Cec Busby ([29:55](#)):

Hmm. <laugh> as long as you feel better <laugh>.

Vesna Hrsto ([30:00](#)):

And you don't always. In my programs I always make sure that I do the hacks that are going to shift people's energy and their mood. Cause I know that, and we all do, when we start something we wanna see results. And unfortunately it doesn't always happen like that if someone's been unwell for a long time. But you know, the quick habits that will start to shift the energy and the mood quite quickly, creates motivation for people, and obviously they need the energy to keep going and so it builds energy so they can take the next step and then the next step.

Cec Busby ([30:33](#)):

What's your favourite, I know what your favourite breakfast is. What's your favourite go-to dinner?

Vesna Hrsto ([30:40](#)):

<laugh> Oh, do I have a favourite go-to dinner? I probably have an easy go-to dinner. <laugh> Salmon and vegetables. When things get really busy I have a lot of that <laugh> and then I'm like ok, I need to pull back a bit. Cause I'm eating a lot of salmon and veggies. <laugh>

Cec Busby ([30:58](#)):

Lots of omega threes

Vesna Hrsto ([31:00](#)):

Lots omega 3s, good protein, and always veggies and even some carbohydrates. I love brown rice or starchy veggies as well.

Cec Busby ([31:12](#)):

And what about supplements? Should we be taking them or not? Or should we be hoping to get it all in our diet?

Vesna Hrsto ([31:18](#)):

Oh, I think that would be nice. I do take supplements. I do recommend supplements. It really depends on the person, what comes up in their pathology tests. I always think a multivitamin is really good, that concentrates in B vitamins, stress vitamins. So we burn off a lot of B vitamins with stress, more than often we consume. Magnesium is a really good one if people are feeling quite stressed and anxious and overwhelmed. Again, magnesium is something that we burn a lot of it off through stress and through our lifestyles. I think we don't realise how stressed and busy and non-stop our lifestyles are and that takes a lot of nutrition. And an antioxidant, a fish oil. But it really depends on where the person's at. But I think a good multi and magnesium during times of stress is just a really good basic place to start.

Cec Busby ([32:19](#)):

And are you still practising in your clinic on the day-to-day or it's more to do with your coaching?

Vesna Hrsto ([32:30](#)):

I don't have a clinic anymore. I haven't for many years now, but I have an online programme, I have a group programme where I do one-on-one with that, and then I have my straight up one-on-one, which is more coaching and peak performance coaching and nutrition, or energy and performance.

Cec Busby ([32:51](#)):

So what's your web address? Let's tell our listeners where they can find out more about you and your programme. If they wanna kiss burnout goodbye, they can sign up <laugh>.

Vesna Hrsto ([33:01](#)):

Yeah, so it's Vesna Hrsto. My name is last name's a bit strange. It's H R S T O. So vesnahrsto dot com. If they go to vesnahrsto.com/download, they can download a little kit that I have with pathology tests and what people can do to kiss burnout goodbye

Cec Busby ([33:24](#)):

<laugh>. We all would like to do that. Thank you so much for your time this morning Vesna. It's been great chatting with you. One final tip for our listeners on their wellness journey? What would it be? Something that they need to, if they can only do one thing, what should they be doing?

Vesna Hrsto ([33:41](#)):

Yeah, I would say just start with one thing. Like even if it's the wake up and have breakfast within 20 minutes of waking, that would be the tip. But sometimes we can make it really complicated and try to

do so many things at once. The success in our programmes have been that we just really simplify it, just one step at a time works really well.

Cec Busby ([34:01](#)):

Thank you so much, Vesna. Great having you on the show today.

Vesna Hrsto ([34:12](#)):

Pleasure. Thank you so much.

Cec Busby ([34:13](#)):

Bye.