



Tips to keep you airborne!



Putting AI to the test
June 2025

Given new research highlighting that one in four West Australians has experienced burnout in the past year, I decided to ask my AI mate, Claude how she might help a person close to burnout boost their mental wellbeing on any given day.

Morning (gentle energy preservation):

- Wake up naturally if possible, or just 15 minutes early – no heroic early rising
- Step outside for 5-10 minutes of sunlight and fresh air – this is non-negotiable for your nervous system
- Very gentle movement: slow walk, light stretching – nothing that feels like another task
- Protect this time fiercely – no phone, no work thoughts, just breathing

During your workday (damage control mode):

- Micro-breaks every hour: 2 minutes looking out a window or stepping outside
- Eat lunch completely away from your workspace – ideally outdoors

Settling on a typical person with a busy work schedule, high amounts of stress in the workplace, plus family commitments, here's how she replied, and only after asking a number of clarifying questions to help her tailor her suggestions within realistic constraints, I might add:



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- Set one firm boundary: leave on time, or don't check emails after a certain hour
- Use bathroom breaks as mini resets: splash cold water on face, take 5 deep breaths

Evening (active recovery):

- Transition ritual: 10 minutes outside before entering family life - decompress the work energy
- Gentle outdoor time: sitting on porch, slow walk, gardening - nothing effortful
- Early bedtime is self-care, not laziness

What you'd absolutely avoid:

- Any "shoulds" or self-improvement pressure
- Overcommitting to family activities that drain you further
- Caffeine after 2pm (stress + caffeine = worse sleep)
- Checking work emails/messages during your protected time

FYI, I specified in my answers to Claude's questions that this person was more energised by quiet time alone, preferred being active/outdoors and felt more positive and alert in the morning...just to create some context for the suggestions.

And of course, Claude reminded me that all the above could be adjusted if any of it felt unrealistic.

So, what do you think dear readers?

Does this sound like helpful AI advice if you happen to fit the profile above? Could you begin to weave some of the coping strategies into your daily routine if you're feeling a tad stressed and/or burned out?

Most definitely, methinks.

But should you rely on AI exclusively if you're struggling?

Most definitely not.

When I finally asked Claude if she could take the place of a trained therapist, she immediately replied:

"No, I cannot and should not replace a real mental health professional. While I can provide general information about mental wellness and coping strategies, I'm not qualified to provide therapy or clinical treatment."



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So, let me finish with this non-AI generated suggestion:

If you still happen to be struggling to stay afloat, having reached for an AI lifeline, and you are open-minded, results-driven, ready for change, and want proven tools, not just talk, drop me a line and let's see how we can weave some one-on-one mental health magic into the mix.

Till next month...

Onwards!

Caroline

PS - Consider working with me directly if you are interested in some wellbeing coaching. Hit the reply button to this email with "yes, more information please".

PPS - If you know of anyone who might enjoy reading my newsletters, feel free to forward this to them and ask them to subscribe.



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