



### **Episode #1: Burnout – Quick Strategies To Get Your Health Back On Track**

In the very first episode of The Green Body Podcast, Kelly shares the 3 steps she takes to activate “Self Care Mode” and avoid burnout.

Discussed in this episode:

Burnout Bootcamp

<https://thegreenbodyplan.com/2019/08/31/1-quick-strategies-to-get-your-health-back-on-track-when-youre-headed-for-burnout/>

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### **Episode #13: Yes, You Can! (Rant Alert...)**

“Yes, you can...” If you’re not up for a verbal kick up the butt then this podcast is not for you!

This episode was sparked by a conversation that was supposed to be about opportunity.

Instead it just kept on turning to negative town, so much so that I had to walk away.

I have a healthy amount of self belief and I believe that it is the number one determinant as to whether someone will be successful or not.

Not skill, not talent, not ability... but pure self-belief.

<https://thegreenbodyplan.com/2019/11/21/yes-you-can/>

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### **Episode #17: How To Marie Kondo Your Diet**

Turns out Marie Kondo is on to something – and I didn’t even realise I was doing it!

This could be one of my hottest secrets when it comes to keeping my calories in check.

And super simple to do!

<https://thegreenbodyplan.com/2019/12/05/marie-kondo-diet/>



### **Episode 49: The Difference Between Stress & Anxiety**

There is a lot of overlap between stress and anxiety. In this episode I explore the differences and the similarities between the two and explain why I believe we should look at these definitions as more of a continuum rather than two separate issues.

If you've wondered whether you have anxiety or are just under the pump, this episode will give you the answers.

<https://thegreenbodyplan.com/2020/04/28/episode-49-the-difference-between-stress-anxiety/>

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### **Episode 79: Why Smart Women Get Stuck In Stress Mode (My Breaking Point)**

This episode is all about that vicious cycle of stress, anxiety and burnout that us ambitious women just can't seem to break away from.

I open up about my own breaking point and what made me finally break free from that relentless cycle of 'never enough'.

<https://thegreenbodyplan.com/2020/08/20/episode-79-why-smart-women-get-stuck-in-stress-mode-my-breaking-point/>