

I'm Burnt Out on Life

<https://silosolo.com/730998>

Summary

The video discusses the concept of real self care, highlighting that it is not about buying or doing things, but rather an internal process and decision-making. The speaker explains that the wellness industry's promises of quick fixes with products like essential oils and bath bombs do not work because they are external methods. The main problem with women's mental health is identified as the systems of oppression that keep women down, rather than any inherent flaws within women themselves. The speaker shares her personal experience with a wellness practice during a stressful time, leading to the realization that there is no magic solution, and that real self care requires hard work and introspection. Society often pressures individuals to achieve external benchmarks without considering their own desires and needs, leading to a lack of fulfillment and a quarter life crisis for many.

Silo sample questions

- What is real self care?
- Why don't external methods like essential oils and bath bombs work for self care?
- What is the main problem with women's mental health?
- What led to the speaker's realization about real self care?
- How does society pressure individuals to achieve external benchmarks?

Topics

Real self care

Wellness industry

Women's mental health

Systems of oppression

Speaker's personal experience

Pressure to achieve external benchmarks

Key Takeaways

- Real self care is not about buying or doing things, but rather an internal process and decision-making
- The wellness industry's promises of quick fixes with essential oils, bath bombs, etc. don't work because they are external methods
- The problem with women's mental health lies in the systems of oppression, not within women themselves
- The speaker's personal experience with a wellness practice during a stressful time led to the realization that there is no magic solution and that real self care requires hard work
- Society often puts pressure on individuals to achieve external benchmarks without considering their own desires and needs

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