

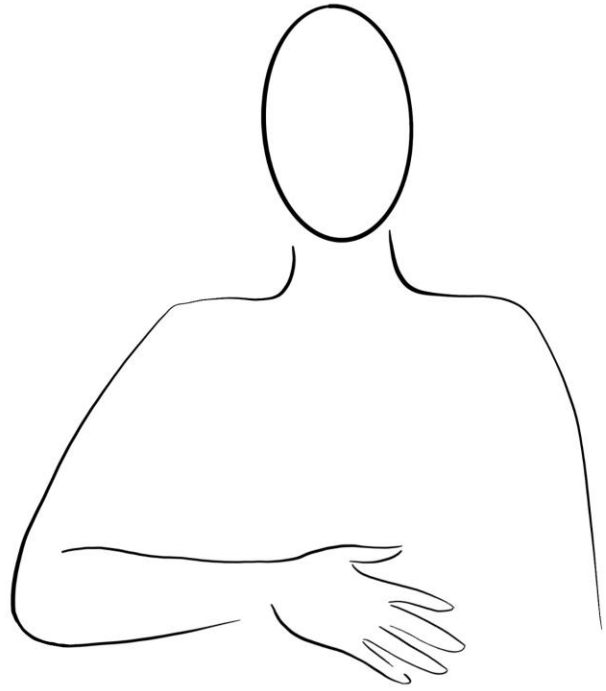


Self-Compassion for Weary Givers

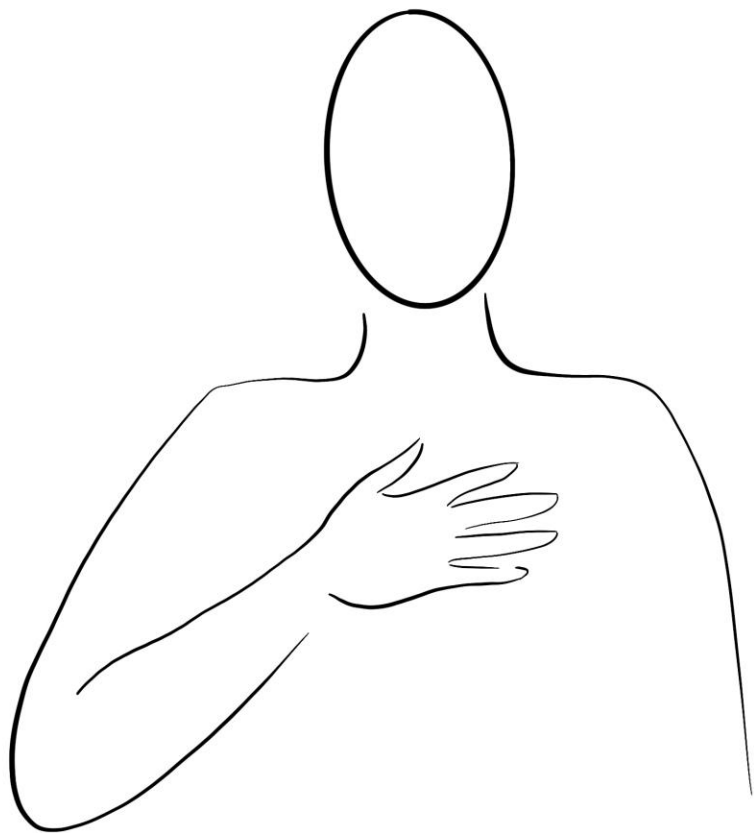
Breathe.

You are here. I am here.

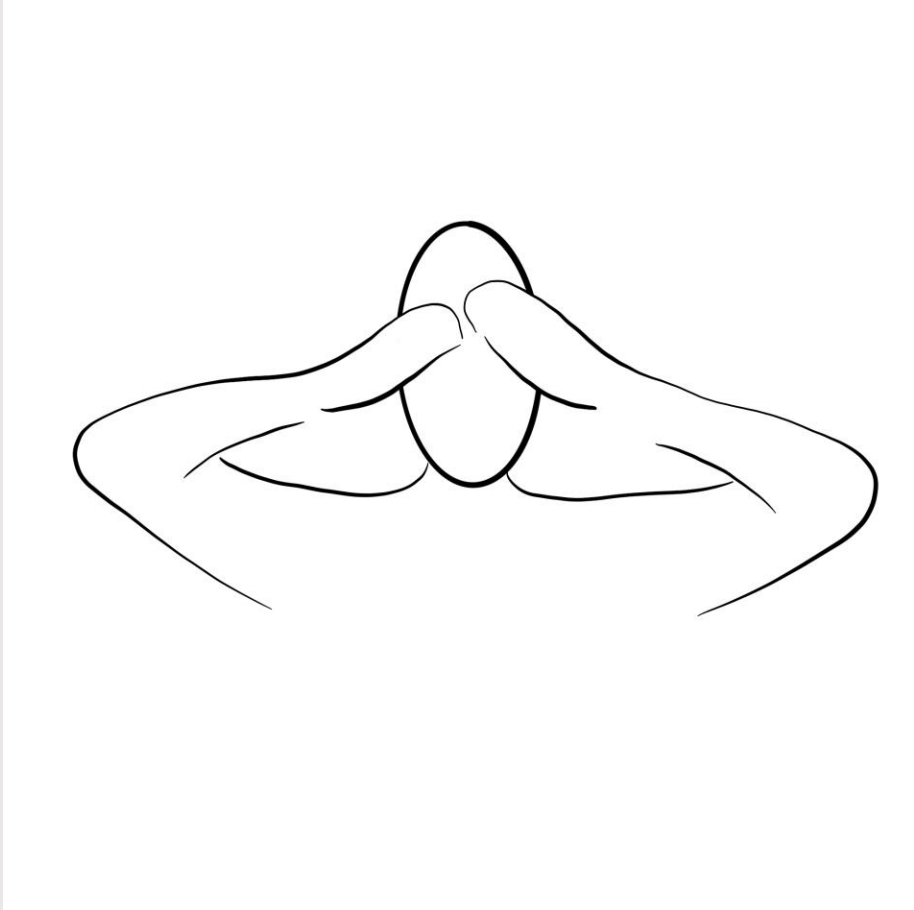
We are on sacred ground.



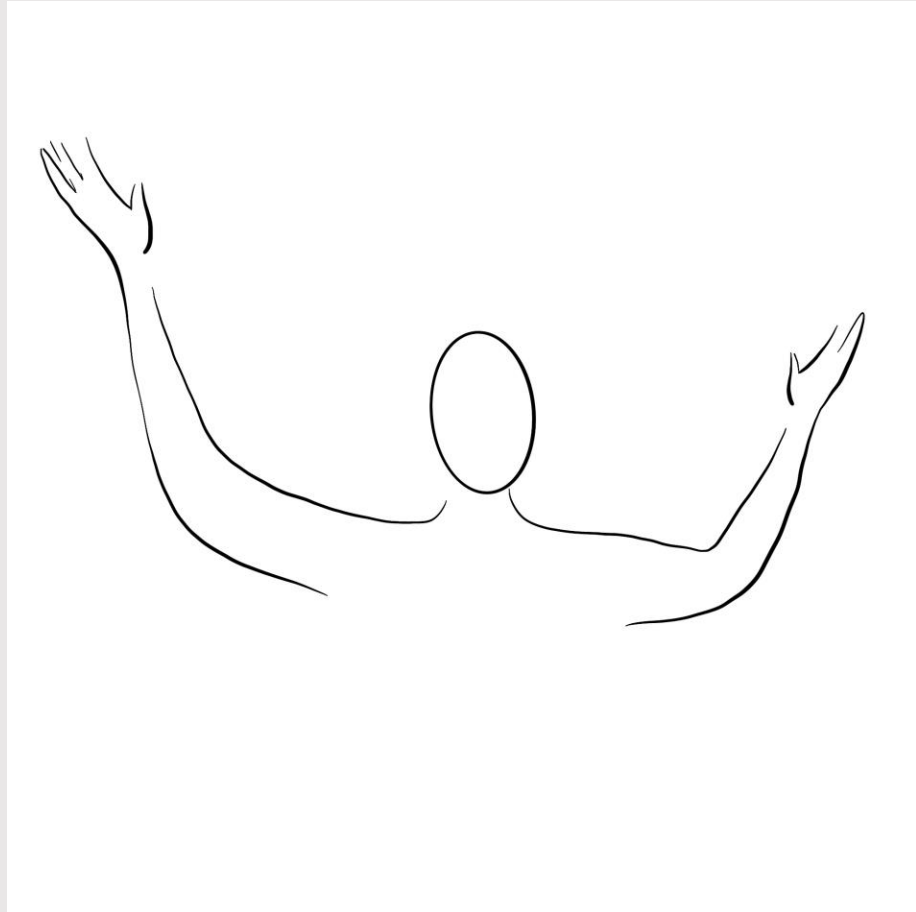
Belly
Breathing



Be Still



And Know



That I am God



I know that I'm stressed when . . .

Releasing Stuck Stress



"Exhaustion happens when we get *stuck* in an emotion."



Burnout: The Secret of Unlocking the Stress Cycle by Emily and Amelia Nagoski

Releasing Stuck Stress



What is in your toolbox?

Journal

Write one thing that you could do more of to release stuck stress.

The background features several overlapping, light gray, rounded rectangular shapes that create a sense of depth and movement. These shapes are semi-transparent and layered, with some appearing in the foreground and others receding into the background. The overall aesthetic is clean and modern.

Addressing the Stressor

It's not your fault. It's the system.

Addressing the Stressor

Human Giver Syndrome--
the contagious belief that you have
a moral obligation to give every drop
of your humanity in support of
others, no matter the cost to you—
thrives in patriarchy, the way mold
thrives in damp basements.

Burnout: Unlocking the Stress Cycle

Addressing the Stressor

- It's not your fault. It's the system.
- Ask "What matters most?"

Addressing the Stressor

- It's not your fault. It's the system.
- Ask "What matters most?"
- Ask "Where are my boundaries?"

Addressing the Stressor

- It's not your fault. It's the system.
- Ask "What matters most?"
- Ask "Where are my boundaries?"
- Let people in.

Addressing the Stressor

- It's not your fault. It's the system.
- Ask "What matters most?"
- Ask "Where are my boundaries?"
- Let people in.
- Clear your energy.



Be Kind to
You

- Ask yourself what you need



Be Kind to You

- Ask yourself what you need
- Schedule rest



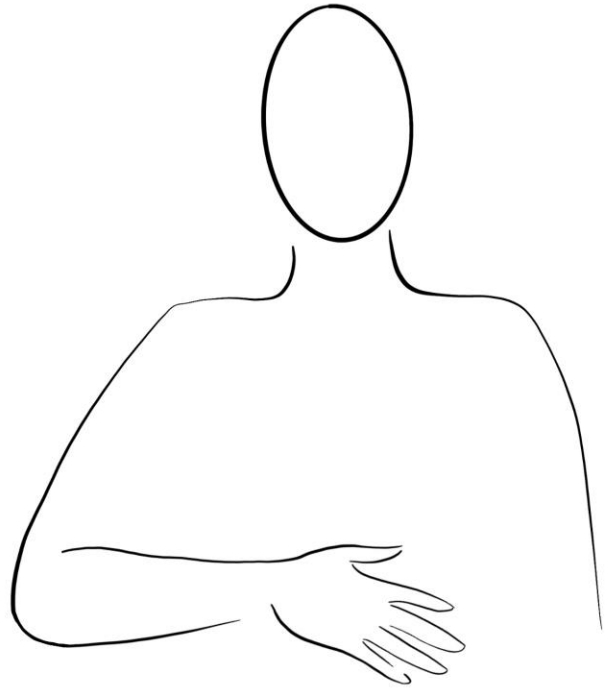
Be Kind to You

- Ask yourself what you need
- Schedule rest
- Call a friend

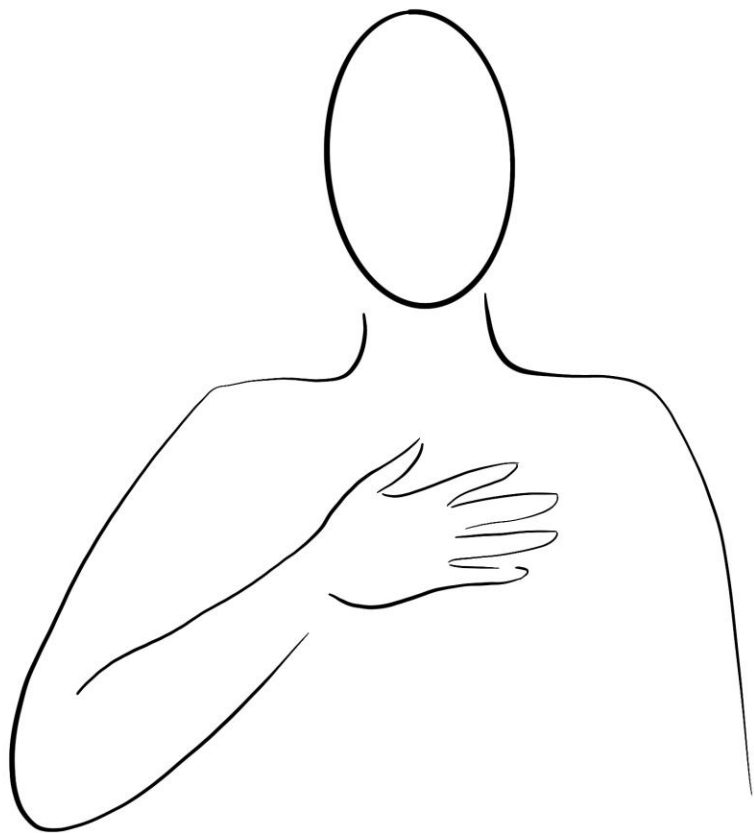


Be Kind to You

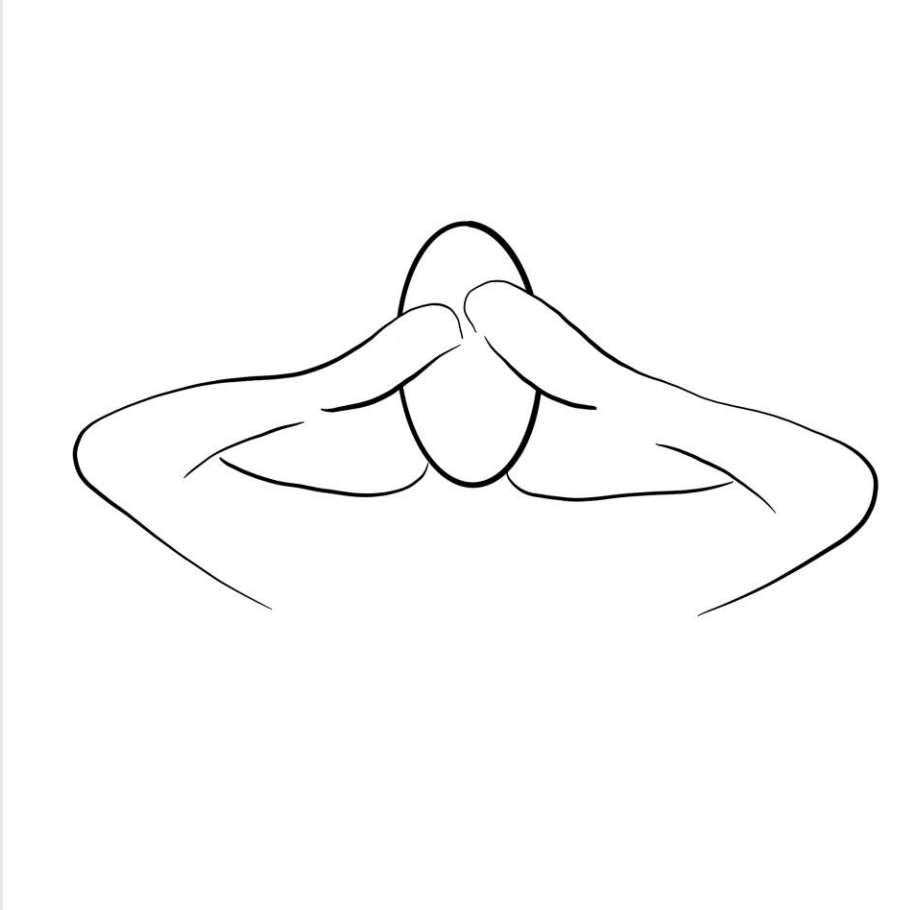
- Ask yourself what you need
- Schedule rest
- Call a friend
- Do the thing that makes you feel like you



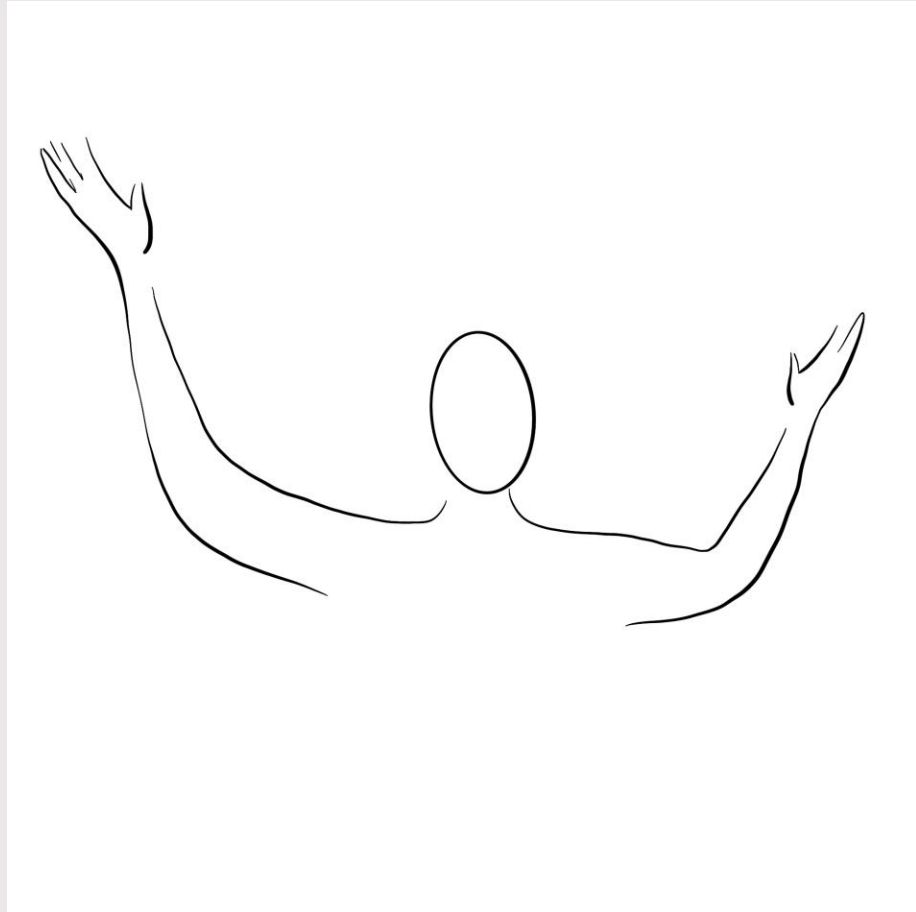
Breathe



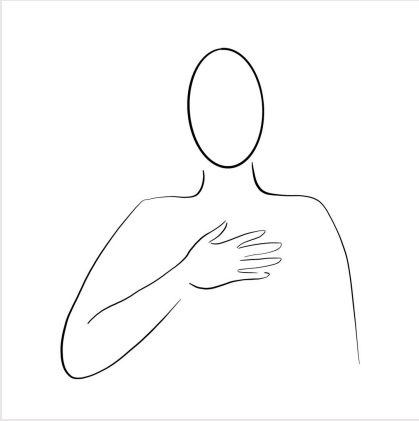
Be Still



And Know



That I am God



Drawings by Eva Tanis-Likkel



Contact Emily at
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Visit her website at
www.emilytanislikkel.com

Resources

*Burnout: The Secret of
Unlocking the Stress
Cycle* by Emily Nagoski,
PhD and Amelia Nagoski,
DMA

*The Lazy Genius Way:
Embrace What Matters,
Ditch What Doesn't, and
Get Stuff Done* by Kendra
Adachi