

Participants received a copy of *The Bouncebackability Factor*, by Caitlin Donovan

## RESENTMENT FEELS LIKE:



Feeling taken advantage of



Suspicion of other people's motives



Anger when your phone dings with a new message or email



Annoyance that no one realizes how busy you are



Frustration at being underappreciated

Created by Cait Donovan

# SIGNS THAT YOUR BOUNDARIES NEED SOME WORK



No time for self care



Feel more responsible for others than for self



Frequent (and hidden) Irritation/Annoyance



Physical exhaustion



There's no white space in your schedule



Anxiety around responding quickly to texts and emails

Created by Cait Donovan

# BURNOUT PREVENTION FOR BOSSES AND LEADERS



Model Self Care



Be Vulnerable



Allow others to own responsibility



Communicate Openly



Create boundaries around your free time



Practice Heart Breathing