



**“Burnout is what happens
when you try to avoid being
human for too long.”**

-Michael Gungor



“You can do anything but not everything.”



“Boundaries are part of self-care. They are healthy, normal, and necessary.”

-Doreen Virtue



“Self-care is not selfish. You cannot serve from an empty vessel.”

-Eleanor Brownn



“We need to do a better job of putting ourselves higher on our own To Do List.”

-Michelle Obama