

"Burnout is what happens when you try to avoid being human for too long."

-Michael Gungor

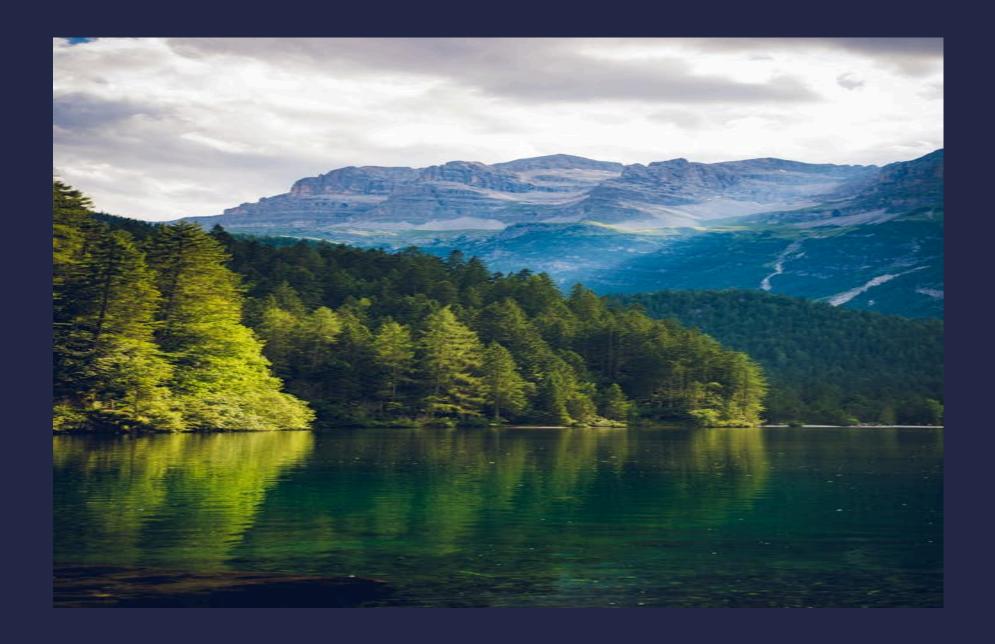


"You can do anything but not everything."



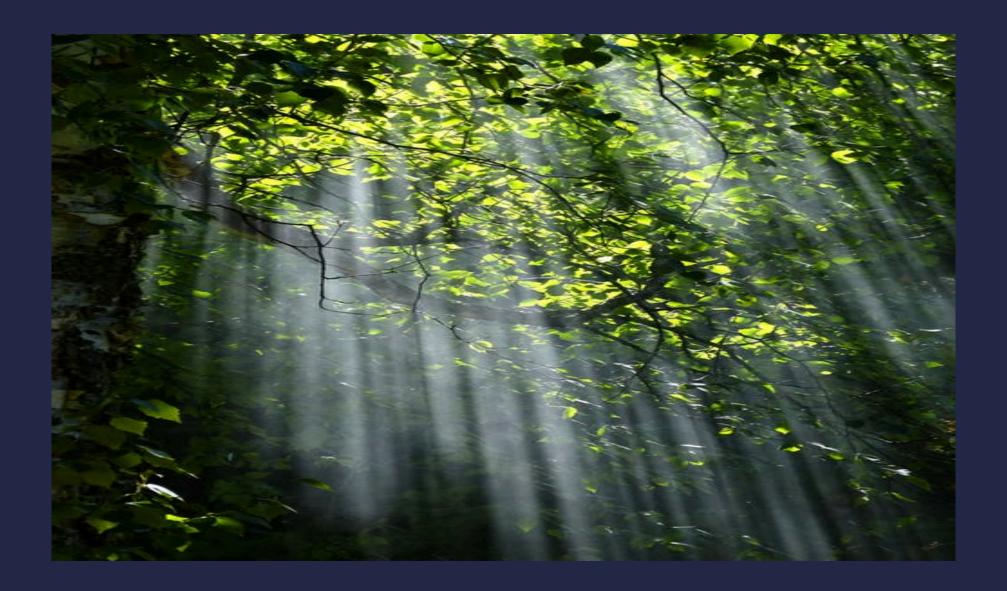
"Boundaries are part of selfcare. They are healthy, normal, and necessary."

-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