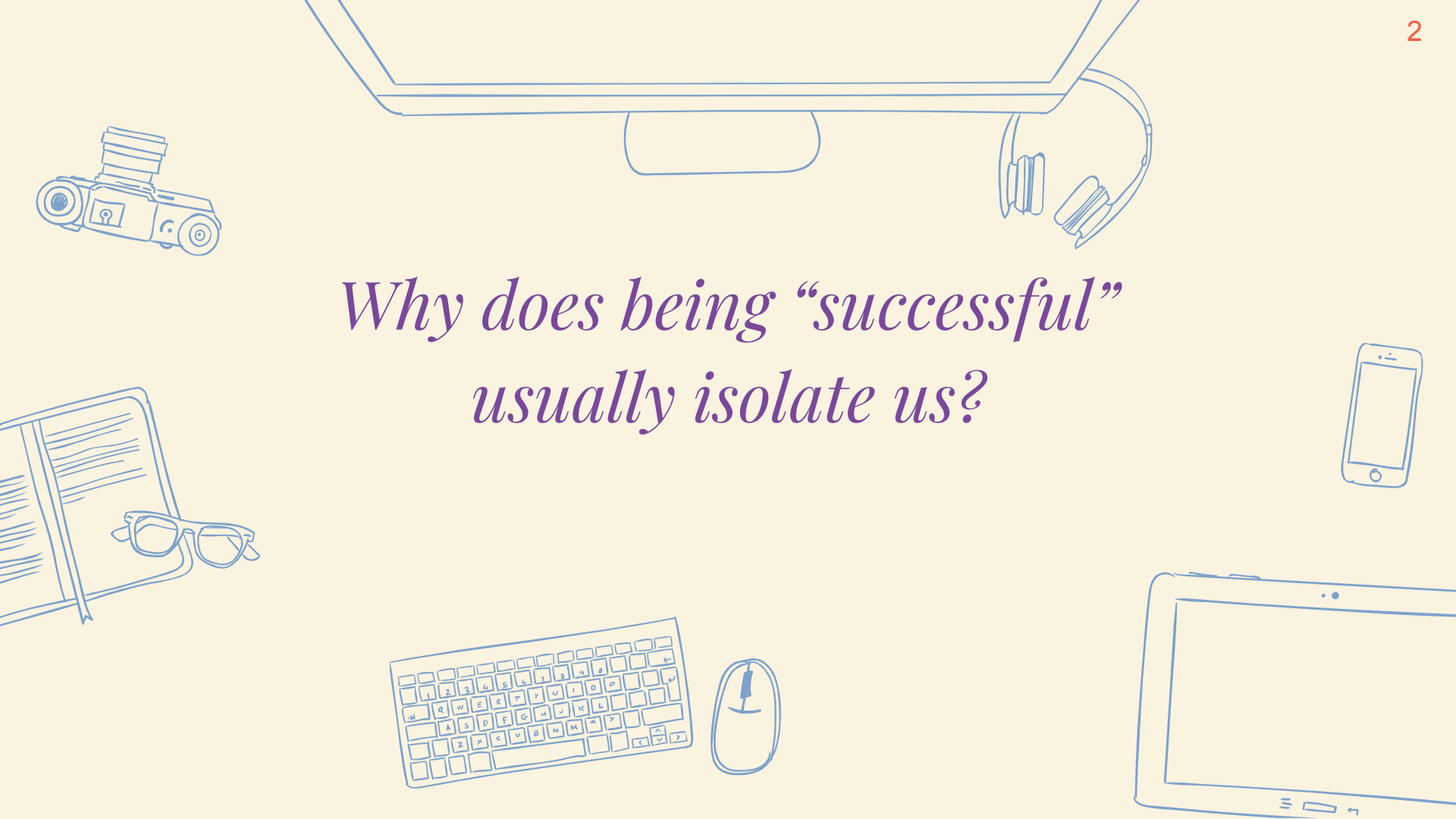




SUCCESSFUL WOMEN
DO NOT HAVE TO DO
IT ALL



*Why does being “successful”
usually isolate us?*

MAYBE IT'S JUST ME

- I have PTSD, anxiety, and depression
 - This makes it hard for me to trust others, the world, even my own body
- PTSD looks different for everyone

MAYBE IT'S OUR CULTURE

- We live in a burnout culture
 - Capitalism reinforces that idleness is not valuable
- Burnout looks and feels like:
 - Exhaustion that sleep does not fix
 - Getting sick frequently
 - Impaired concentration/memory
 - Detachment from stressor and things you enjoy
 - Changes in productivity/performance

ONCE YOU ARE IN BURNOUT



How to manage:

- Take an intentional break
- Get ~good~ rest and practice good sleep hygiene
- Eat!
- Up that H₂O intake
- Implement self care practices EVERYDAY

SELF CARE DOES NOT HAVE TO MEAN BEING VERY MOIST!

Self Care can look like:

- Sticking to a defined budget
- Actually doing your homework
- Writing a to do list
- Taking your meds
- Saying “no” to plans because you don’t have the energy for them anymore

Self Care does not *have* to mean:

- Bubble baths (esp. if you hate them)
- Face masks
- Random body part scrubs
- Petting an animal (esp if you are allergic)

MAYBE IT'S HOW WE SEE & DEFINE A "SUCCESSFUL WOMAN" IN MEDIA

- Wonder Woman
- Super moms
- Business women

== WHOA!

Girl
Power!!



WE HAVE THE POWER TO CHANGE THIS!

1. Emphasize self care
 - You simply cannot pour from an empty cup
2. Build other women up! What happened to “girl gangs”?
 - We are NOT each other’s competition
 - Representation is NOT pie
3. Recognize *we* are future (& current) leaders
 - How are you creating the world you want to live (or your daughter) in today?

LINKS

- Helping someone with PTSD:
<https://www.helpguide.org/articles/ptsd-trauma/helping-someone-with-ptsd.htm>
- Signs of Burnout:
<https://www.psychologytoday.com/us/blog/high-octane-women/201311/the-tell-tale-signs-burnout-do-you-have-them>
- Self Care Ideas:
<https://www.purewow.com/wellness/free-ways-to-practice-self-care>
- Slide theme mash-up from SlidesCarnival