

# Burnout

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Separate the stressor from the stress**

Write one sentence naming the external pressure, then one sentence naming what your body is still carrying after it.

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<sup>02</sup> **Close one cycle physically**

Choose ten minutes of brisk walking, shaking, dancing, or stairs before trying to solve anything else with your mind.

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<sup>03</sup> **Ask for non-performing connection**

Text or sit with someone safe without turning the moment into advice, competence, or caretaking.

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<sup>04</sup> **Make rest concrete**

Put one recovery block on the calendar and treat it as biology, not a reward for being useful.

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<sup>05</sup> **Audit a giver contract**

Find one place where care only flows outward and name the boundary, request, or support that would make it reciprocal.