Managing Our Body Budget

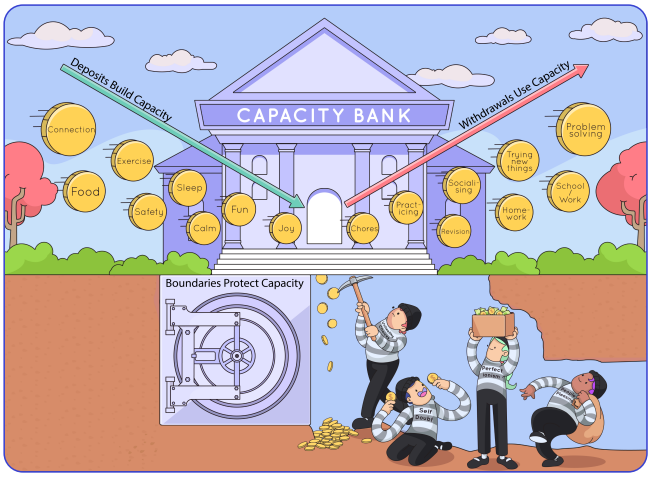
Burnout, Balance and Boundaries

connections in mind

What is a Body Budget?

We all have a certain amount of capacity each day for:

- Thinking
- Learning
- Doing tasks
- Focusing
- Planning
- Managing time
- Solving problems
- Managing emotions
- Being patient
- Making good decisions



When our capacity is **high**, things feel **manageable**.

When our capacity is **low**, everything feels **harder**.

You can think of your capacity like a **bank account.**

Some things put capacity in

Some things take capacity out

And if our **boundaries** are weak, capacity can be stolen without us noticing.

This is your Body Budget.

- **Deposits** build capacity.
- **Withdrawals** use capacity.
- **Boundaries** protect capacity.

Deposits Build Capacity

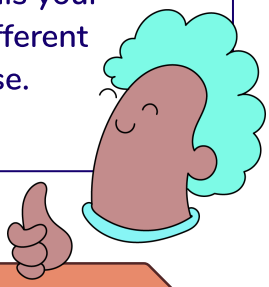
Deposits are the things that **build our capacity** and help our brain and body work well.

Deposits are not rewards.

They are the building blocks that allow our brain to work properly.



Different people need different deposits. What fills your bank might be different from someone else.



Examples of Deposits



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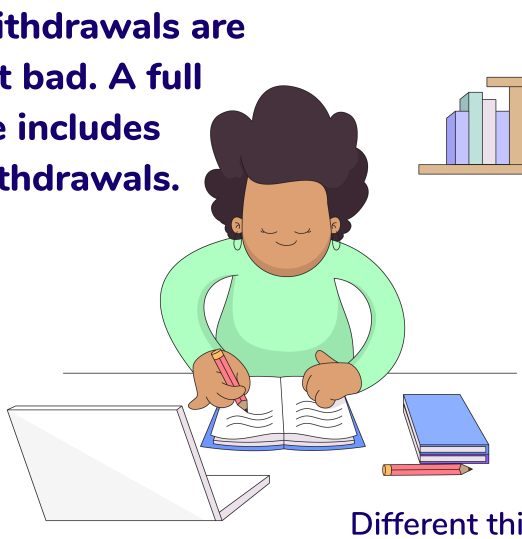
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Withdrawals Use Capacity

Withdrawals are the things we do in life that **use capacity.**

Withdrawals are not bad. A full life includes withdrawals.



Examples of withdrawals

School / work	Homework	Revision	Chores
Sports	Socialising	Trying new things	Problem solving
Deadlines	Tests and exams		

Different things feel like withdrawals for different people. Something that is a deposit for one person might be a withdrawal for another.

Boundaries Protect Capacity

Sometimes we lose capacity without realising because of weak boundaries and habits.

Boundaries are the rules and routines we uphold to protect our capacity and keep balance.



Losing Sleep



No breaks



Doom scrolling

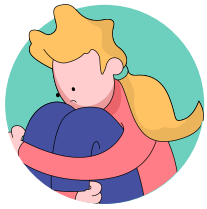


Unhealthy choices

Without boundaries, withdrawals increase and deposits aren't prioritised.
With boundaries, deposits are protected and it is easier to stay in balance.



Saying yes to everything



Not asking for help



Skipping meals



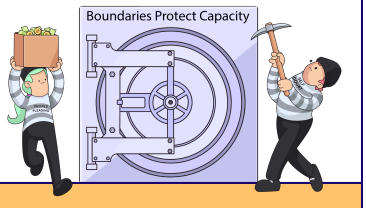
Perfectionism

Burnout, Balance and Boundaries

Burnout
When withdrawals exceed deposits for too long and our capacity becomes very low.

Balance
Making sure deposits keep up with withdrawals.

Boundaries
Protect deposits and stop capacity being stolen.



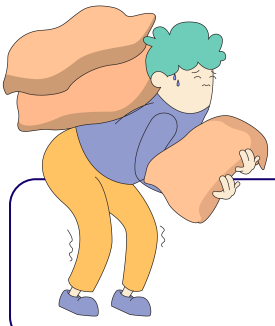
Important: Busy times require more deposits, not fewer.

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Burnout, Balance and Boundaries

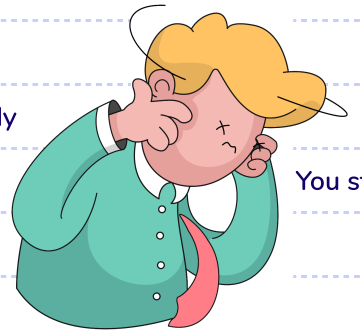
connections in mind

What Burnout Can Look Like



Burnout can look like:

- Everything feels harder than it should
- Small problems feel big
- You feel overwhelmed easily
- You feel tired all the time
- You can't focus
- You forget things more



- You procrastinate more
- You feel more emotional or irritable
- You feel unmotivated
- You stop enjoying things you used to enjoy
- You feel like you can't keep up
- You feel like giving up

Burnout is not just being tired.

Burnout happens when we keep using our capacity but don't build it back over time.

Early Warning Signs Your Capacity Might Be Getting Low

It is much easier to **notice low capacity early** than to fix it later.
Early warning signs might include:



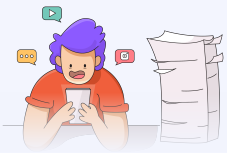
Feeling tired even after sleep



Getting annoyed more easily



Finding it harder to focus



Avoiding work or procrastinating



Feeling overwhelmed by small tasks



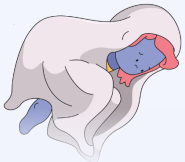
Spending lots of time on your phone instead of starting work



Skipping meals or eating poorly



Going to bed later and later



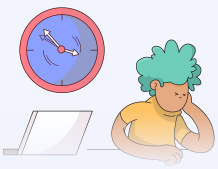
Stopping exercise or hobbies



Withdrawing from friends or family



Feeling like you are always busy but not getting anywhere



Feeling like everything is an effort

These are often signs that withdrawals are too high and deposits are too low.

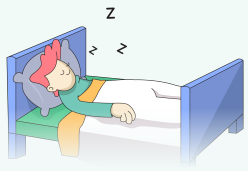
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Burnout, Balance and Boundaries

connections in mind

Examples of Boundaries

Boundaries are the **rules and routines we uphold to protect our capacity and keep balance.** Boundaries might look like:



Going to bed at a regular time



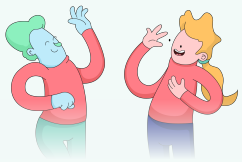
Taking breaks when working



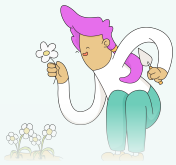
Putting your phone away when studying



Starting work earlier so you don't panic later



Asking for help when you are stuck



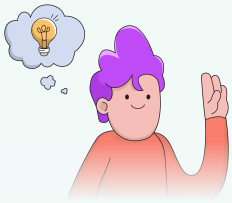
Leaving some time free in your week



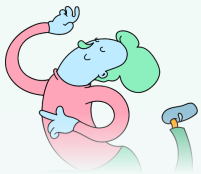
Not saying yes to everything



Eating properly even when busy



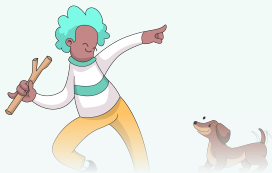
Planning your week



Protecting time for rest, exercise, or hobbies



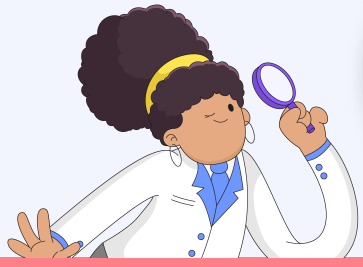
Stopping work at a certain time



Having some screen-free time

Boundaries help keep deposits and withdrawals in balance.

Final Summary





Deposits
build capacity.



Withdrawals
use capacity.



Boundaries
protect capacity and keep balance.

Burnout

happens when withdrawals exceed deposits for too long.

Success

is about managing your body budget for maximum capacity.