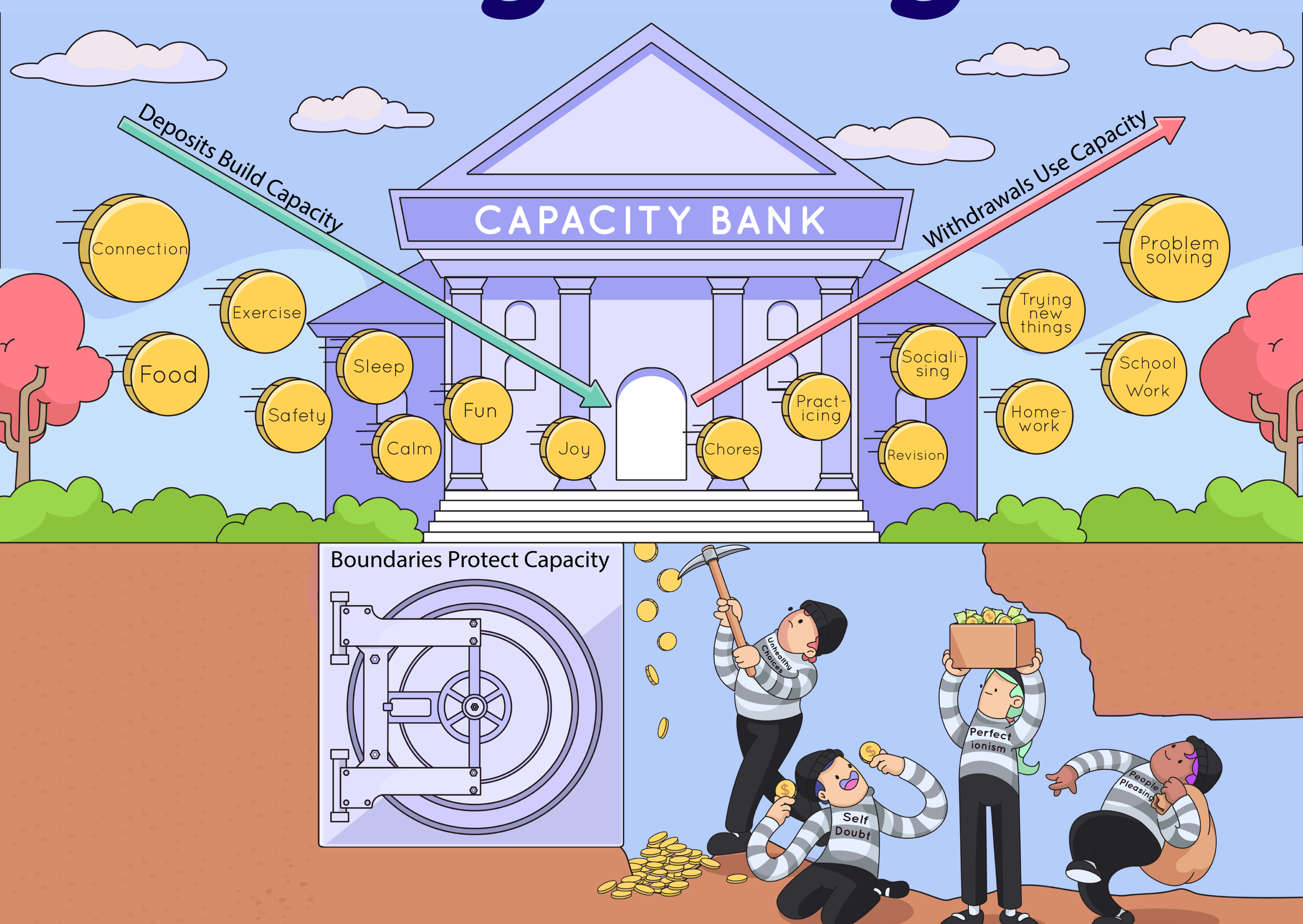
connections in mind

Managing Our Body Budget



Deposits build capacity.

Withdrawals use capacity.

Boundaries protect capacity.

Burnout happens when withdrawals exceed deposits for too long.