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AN OVER FUNCTIONING WOMAN'S GUIDE TO NAVIGATING BURN OUT *Stress*

Rootedswanwellness.com



DISCLAIMER



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Hey sis!

Take a deep breath. You are exactly where you needed to be.

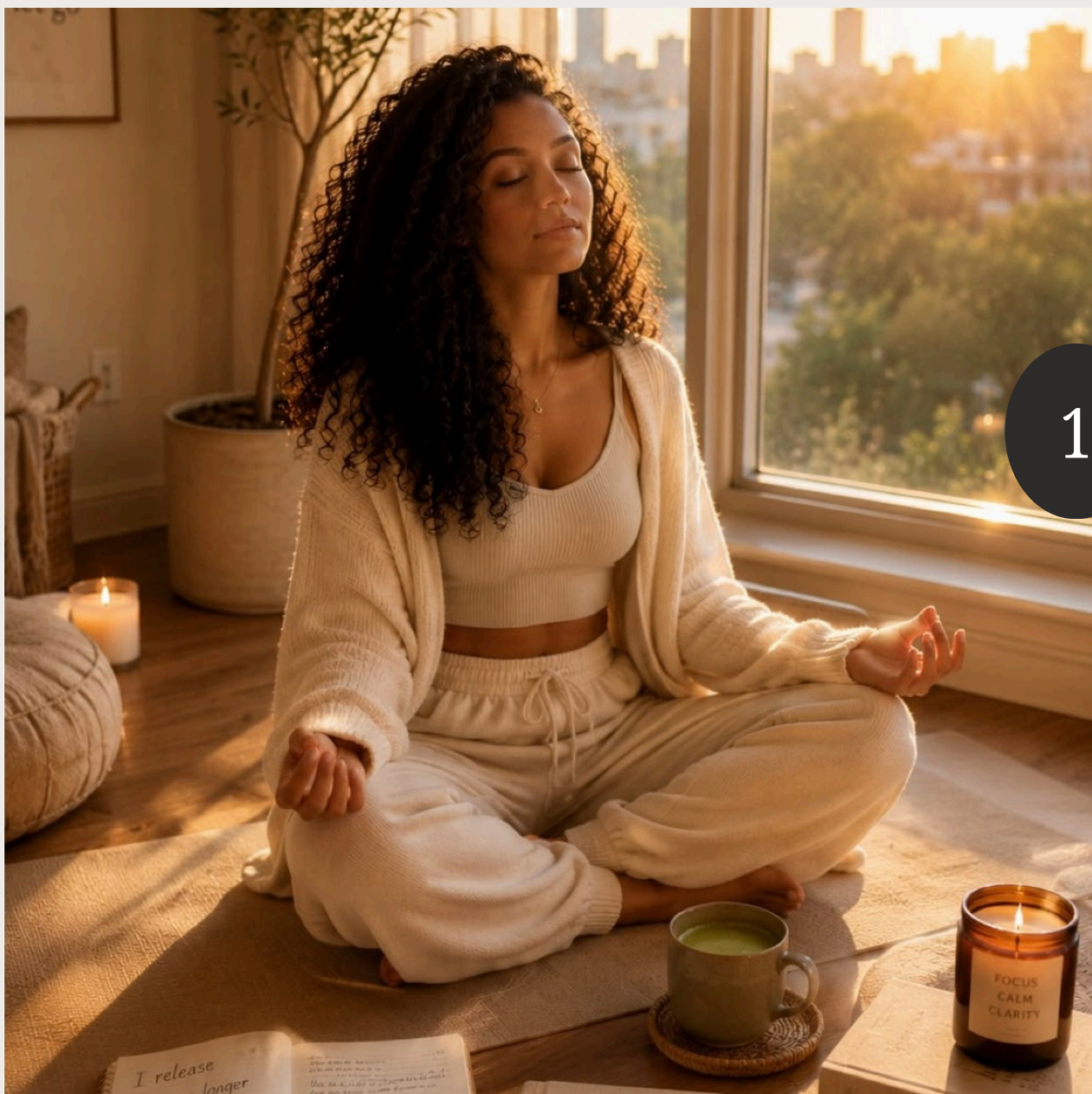
In today's fast-paced world, achieving the balance needed to maintain healthy stress levels can feel elusive. With the constant demands of work, family, and media distractions vying for our attention, stress management is more important than ever.

This guide is designed to help you unlock the secrets to better balance, offering practical tips and insights to transform your day and nightly routines. Whether you're a BOSS in your organization, oldest daughter, the primary care taker for aging parents, or simply want to enhance healthy habits, this ebook provides the tools you need to set better boundaries, reduce cortisol levels and cultivate work life balance.

Let's embark on this journey to better balance and fulfilling rest, so you can tackle each day with renewed energy and vitality.

Breanna





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Your Toolkit for Better Stress Management

Burn out often speaks to an imbalance somewhere in your life, whether that is a lack of work life balance or family obligations with limited support.

A woman with dark hair in a bun, wearing a white off-the-shoulder top, is shown from the chest up. She has her hands pressed against her face, covering her eyes and nose, suggesting a moment of emotional distress, stress, or burnout. The background is a soft-focus indoor setting with warm, golden light and shadows from a window.

Reminder:

Reducing stress and burn out is a journey, not an instant change. Stay consistent in your efforts, and with time, better balance will follow.



The Impact of Stress on Health and Well-Being

For many Black women, chronic stress is not simply the result of a demanding schedule—it is often the cumulative weight of navigating systemic inequities, caregiving responsibilities, workplace pressures, and the unspoken expectation to remain resilient through it all.

When stress becomes persistent, the body's stress response can remain activated, contributing to cortisol dysregulation and increased allostatic load—the biological wear and tear that occurs from prolonged exposure to stress. Research has linked this chronic physiological burden to higher rates of hypertension, cardiovascular disease, type 2 diabetes, sleep disturbances, and accelerated biological aging among Black women. Healing, therefore, requires more than temporary relief; it calls for restorative practices that honor both the mind and body while acknowledging the unique lived experiences that shape Black women's health (Allen & Wang, 2019; Geronimus et al., 2006; Schulz et al., 2019).

True wellness extends beyond managing symptoms—it is the intentional cultivation of a life that supports emotional, physical, and psychological restoration. Left unaddressed, burnout and prolonged cortisol dysregulation can contribute to anxiety, depression, chronic fatigue, impaired concentration, inflammation, and a diminished capacity to experience joy and connection. Evidence suggests that culturally responsive mental health care, meaningful community, restorative boundaries, and consistent stress-reduction practices can help interrupt this cycle and promote long-term well-being. At Rooted Swan Wellness, we believe that rest is not a reward for productivity but an essential investment in sustainable health, allowing Black women to thrive rather than merely survive (Tan et al., 2017; Allen & Wang, 2019).

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Implementing Boundaries

1. Practice saying "no" without overexplaining. Protect your time and energy by declining commitments that don't align with your priorities.
2. Create work-life boundaries. Set a specific time to stop answering emails, work calls, or client messages so your nervous system has time to recover.
3. Limit emotionally draining interactions. Reduce time spent with people who consistently leave you feeling overwhelmed, and prioritize relationships that are reciprocal and supportive.

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Identify your resources

1. Ask for help before you're overwhelmed. Reach out to friends, family, coworkers, or professionals instead of carrying everything alone.
2. Use available support services. Consider therapy, coaching, support groups, childcare assistance, meal delivery, Company EAP programs or financial counseling when appropriate.
3. Leverage technology. Use calendars, budgeting apps, grocery delivery, or task management tools to simplify daily responsibilities and reduce decision fatigue.

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Cultivate true rest

1. Schedule intentional rest into your week. Treat rest like an important appointment by blocking time for activities that genuinely restore you.
2. Prioritize quality sleep. Establish a consistent bedtime routine, reduce screen time before bed, and aim for 7–9 hours of sleep whenever possible.
3. Take micro-breaks throughout the day. Step away from your desk, stretch, breathe deeply, or spend a few minutes outside to reset your mind and body.

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Find your threshold for contentment

1. Practice daily gratitude. Write down three things you're thankful for each day to shift your focus from what you're not doing to what you are.
2. Celebrate small wins. Acknowledge progress rather than waiting until you've reached the final goal to feel accomplished.
3. Reduce unnecessary comparison. Limit exposure to social media or environments that make you feel like you're constantly falling behind, and focus on your own journey.

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Delegate where possible

1. Identify tasks that don't require your expertise. Delegate household chores, administrative work, or errands whenever possible.
2. Share responsibilities clearly. Communicate expectations and trust others to complete tasks without micromanaging every step.
3. Accept help when it's offered. Resist the urge to do everything yourself, and allow others to contribute in meaningful ways.

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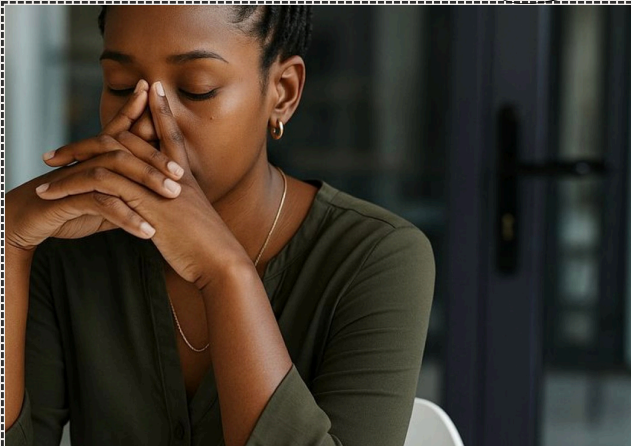


Progress over perfection

1. I tell clients that some days it's okay to be a “C student” Aim for “good enough.” Focus on completing important tasks well rather than striving for flawless results every time.
2. Set realistic expectations. Break large goals into manageable steps and recognize that mistakes are a normal part of growth.
3. Challenge self-critical thoughts. When you notice perfectionistic thinking, ask yourself whether your expectations are realistic or if you would hold someone else to the same standard.

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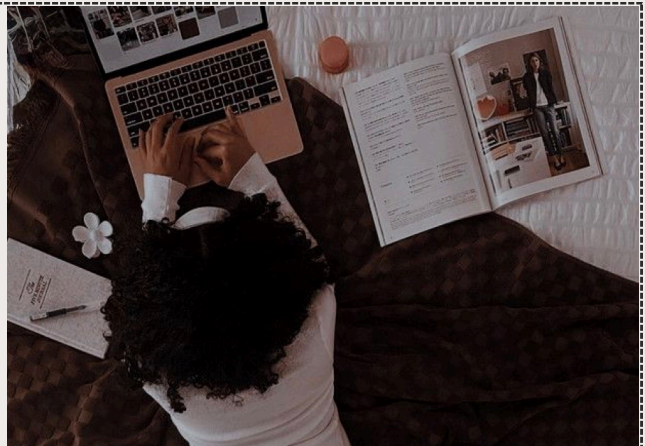
SIMPLE PRACTICES FOR *stress management*



Implement boundaries

“No” is a full sentence.

Access to resources



Cultivate true rest

Rest is more than sleeping

SIMPLE PRACTICES FOR *stress management*



*Find your
contentment
threshold*

*Delegate
where possible*



*Progress
over
perfection*

Let's Connect



At the least, I hope this guide was a reminder of what should be normalized for over functioning women to give permission to prioritize self and manage burnout. At the most I hope it provided new insights on how to prioritize oneself, set better boundaries and access support. You got this!

Visit www.Rootedswanwellness.com or email breannalperryllcsw@rootedswanwellness.com for more information or to book a session. I am here to help you achieve better stress management.

Rooted in flow

Breanna