



Say It Brave Masterclass for Healthcare Providers: “When Overworking Stops Working” with SHE RECOVERS Foundation

Resource Guide

Self-Reflection Questions:

1. Are you more drawn to your work or activity than close relationships, rest, etc.?
2. Do you take work with you to bed? On weekends? On vacation?
3. Are you more comfortable talking about your work than other topics?
4. Do you resist rest when tired and use stimulants to stay awake longer?
5. Do you immerse yourself in activities to change how you feel or avoid grief, anxiety, and shame?
6. Do you get impatient with people who have other priorities besides work?
7. Are you afraid that if you don't work hard all the time, you will lose your job or be a failure?
8. Do you fear success, failure, criticism, burnout, financial insecurity, or not having enough time?
9. Have your long hours caused injury to your health or relationships?
10. Do you think about work or other tasks while driving, conversing, falling asleep, or sleeping?

If you answer "yes" to three or more of these questions you may be a workaholic. Relax. You are not alone. -Source: Workaholics Anonymous

Dawn & Deb's Book Recommendations:

1. Fassel, Diane. [Working Ourselves to Death: The High Cost of Workaholism and the Rewards of Recovery](#)
2. Giovanetti, Fab. [Reclaim Your Time Off: The 3-Step Solution to Overworking](#)
3. Grace, Marlee. [How to Not Always Be Working: A Toolkit for Creativity and Radical Self Care](#)
4. Headlee, Celeste. [Do Nothing: How to Break Away from Overworking, Overdoing, and Underliving](#)
5. Nagoski, Emily & Nagoski, Amelia. [Burnout: The Secret to Unlocking the Stress Cycle](#)
6. Schaefer, Anne Wilson. [Meditations for Women Who Do Too Much](#)
7. Tally, Yvonne. [Breaking Up with Busy: Real-life Solutions for Overscheduled Women](#)
8. Workaholics Anonymous. [Book of Recovery](#)
9. Workaholics Anonymous. [Book of Discovery: A Guide to 12 Step Writing and Reflection](#)

SHE RECOVERS Together Online:

You don't have to recover alone. You are worthy of a community free of judgment. You deserve a trauma-informed space full of support, understanding, and fellow travelers to journey the path of recovery with you.

An orange oval with a gradient and a drop shadow, containing the text "SHE RECOVERS SUPPORT GROUPS" in white, uppercase letters.

SHE RECOVERS
SUPPORT GROUPS

