



Mental Health & Wellness for Real Women, Real Lives



Greeting—My Systagyrl

Sis, if you've been feeling tired-but-still-pushing, this month's theme is for you. October at *My Systagyrl* is dedicated to emotional burnout among Black women—naming it, normalizing it, and taking doable steps to heal.

REMEMBER:

You can count on Me.

I can count on You.

That's what *Systagyrls* Do!

*with love,
Tammi Antonia*

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IG: @mysystagyrlfoundation

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What's Poppin' in
This Issue:

Greeting, Systagyrl!

**What Burnout Can
Look Like**

***7 Ways To Start
Overcoming Burnout***

Stay in the Know!

**With Heart &
Sisterhood**

~What Burnout Looks Like ~



- Smiling while secretly exhausted
- Snapping at loved ones over small things
- Brain fog, sleep swings, or “Sunday Scaries”
- Overcommitting because you don’t want to disappoint

~ 7 Ways to Overcome Burnout ~



1. Name your limits:

Choose one boundary you’ll hold this week (e.g., no texts after 9 PM)

2. Rest on purpose:

Schedule two daily 15-minute renewal breaks stretch, breathe, step outside

3. Say “NO” without guilt:

“That doesn’t work for me, but thank you for asking.”

4. Nourish your nervous system:

Hydrate, walk 20 minutes, and prioritize 7–8 hours of sleep

5. Connect to care:

Share honestly with a sister-friend, support group, therapist, or faith leader

6. Journal check-in:

Each night, jot down: What drained me? What fed me?
What can I release?

7. Digital detox lite:

One hour phone-free before bed to help your body reset

Let’s choose softness, ask for help, and make room for joy.
You deserve it—without needing to earn it.

My Systagyr



www.mysystagyr.com

My Systagyr

Stay in the Know

My Systagyrl 2K/5K Ribbon Cancer Awareness Walk www.mysystagyrl.com

Date: Saturday November 15, 2025

Location:

The Central Park

11200 Baseline Road
Rancho Cucamonga, CA

Registration Fee: \$25.00

Register online: www.mysystagyrl.com

T-Shirt Available for Purchase: \$25.00

CashApp: [https://cash.app/\\$mysystagyrl14](https://cash.app/$mysystagyrl14)

Zelle: geminiiibeads@gmail.com

PayPal: @mysystagyrl

October Meeting



Unmasking Stress

Date: Saturday, October 11, 2025

Time: 8:00 AM PST

Location: Zoom

ID: 609 156 8544

PW: 14614

Email: mysystagyrl@gmail.com



Mental Wellness Workshop:

“Stress The Halls”

Tips for Taming Holiday Anxiety

“The holidays are often called “the most wonderful time of the year.” But for many of us, they’re also the most stressful. Between family expectations, financial pressure, loss of a loved one, depression, loneliness, and the rush to make everything perfect, anxiety can quietly steal our peace.

We will explore simple, and fun soul-soothing strategies to *tame holiday anxiety* to enjoy the season.

Date: Saturday, December 13, 2025

Time: 12:00 PM - 3:00 PM

Location: The Fielder-Forde House
Rancho Cucamonga, CA 91739

RSVP: 908-288-1144



With Heart & Sisterhood

My Systagyrl's, I know firsthand what it feels like to carry everything for everyone, until the weight makes it hard to even breathe. Burnout doesn't just sneak up on us, it settles in when we ignore the whispers of our own bodies and hearts. This month I want to invite you to pause without guilt, to ask for support without shame, and to rest without apology.

At My Systagyrl, we are building a space where Black women can show up as our full selves, tired, joyful, frustrated, hopeful, and still be celebrated. Remember: we are not just survivors of stress; we are thrivers of stress and we are reclaiming our peace, our joy, and our power.

So let's journey through October together with open hands, laying down what no longer serves us and picking up what renews us.

***Until next time, stay bold,
stay beautiful, and stay you.***

the My Systagyrl Team



www.mysystagyrl.com