Remember: You're not God. You can't be everywhere and do everything all the time. If you want to remain resilient, you have to set some limits.

Set boundaries with your:

**Digital availability.** Rather than being reachable 24/7, let people know times when you plan on checking your phone, email, social media, etc.

**Support availability.** Be there for others, but also take care of yourself. Point people to helpful resources when they have major problems you can't be expected to solve.

**Event availability.** Be flexible, but also stick to your schedule. Take care of top-priority commitments before accepting other offers.