

SETTING BOUNDARIES

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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.

