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WAYS TO SET HEALTHY BOUNDARIES DURING THE HOLIDAYS

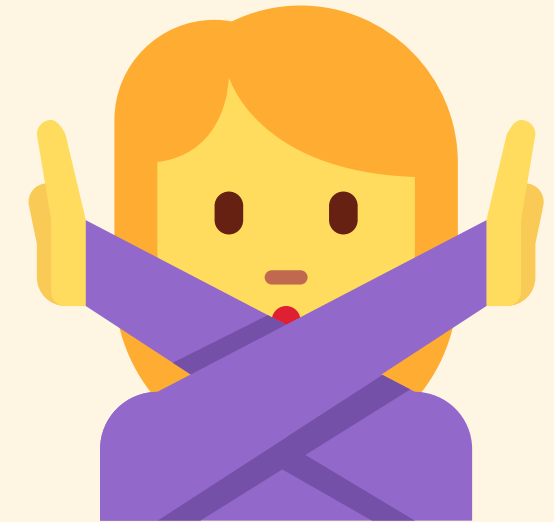


SPEAK UP

Sharing your thoughts with others will help you set boundaries with family and friends. Keep the conversation open and light.

JUST SAY NO

Saying "no" is an empowering statement. Do not feel obligated to commit to things beyond your bandwidth. A "no" will suffice as an answer.



STAY CALM

Talking about boundaries can elicit emotion from both parties.

Try to speak in a calm, collected manner. Use "I" statements that explain how and what you are feeling to help reduce stress or resentment.



THINK AHEAD

Take a moment to reflect and check in with yourself first. What are things you may or may not want to take part in this year?

This will help reduce guilt or anxiety when honoring the boundaries you set.

