TIPS FOR SETTING LIMITS WITH OURSELVES AND OTHERS

Shared Health Staff Wellness & Health Booster Session

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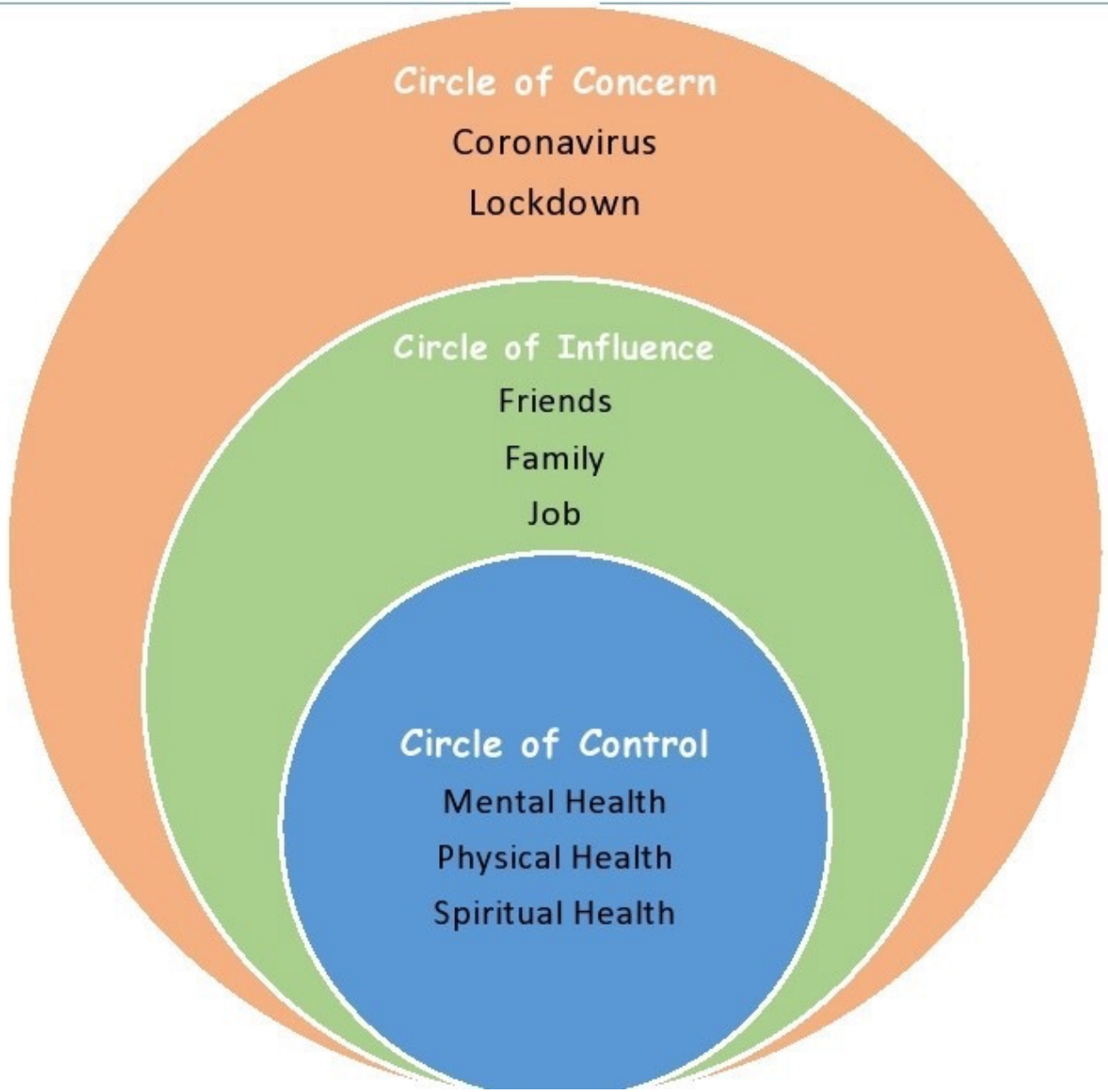

https://medium.com/manasija-mann-se/when-i-stopped-worrying-and-started-taking-control-of-my-problems-87a3d3c14eb8

OUTLINE

- Setting Limits with Ourselves
  - Choosing to Recharge
  - Managing Internal Expectations
- Setting Limits with Others
  - Saying No to Others
  - Asking for what We Need

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SETTING LIMITS WITH OURSELVES

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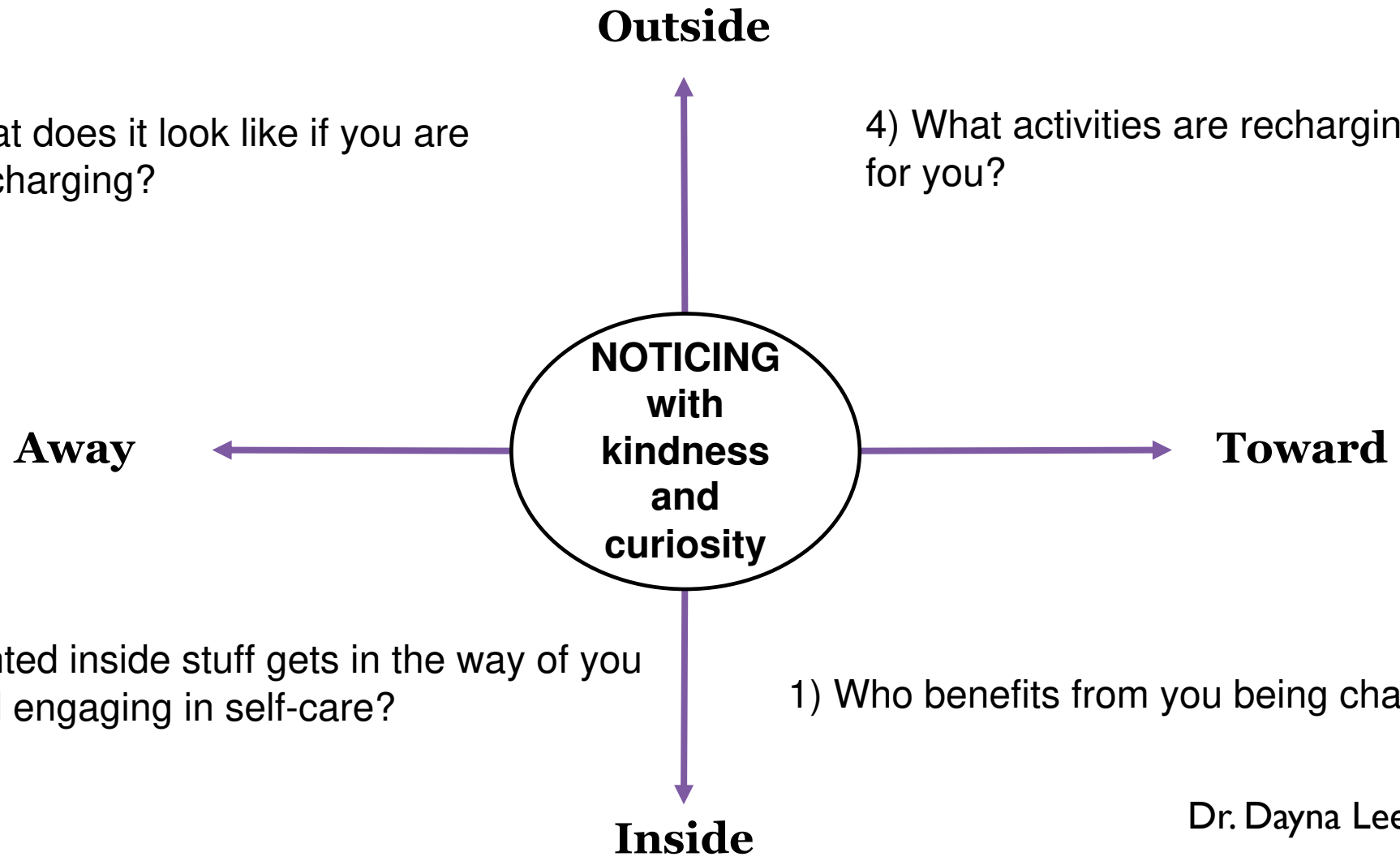
THE ACT MATRIX – CHARGE BATTERIES/SELF-CARE



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RECHARGING ACTIVITIES

- Social Connection
- Physical Activity
- Fun/Pleasure
- Meaningful activity in line with our values

- Right amount of sleep
- Drink enough water
- Spend time in nature
- Doing something creative
- Relaxation activities
- Mindfulness practice
- Gratitude practice
- Giving back to others

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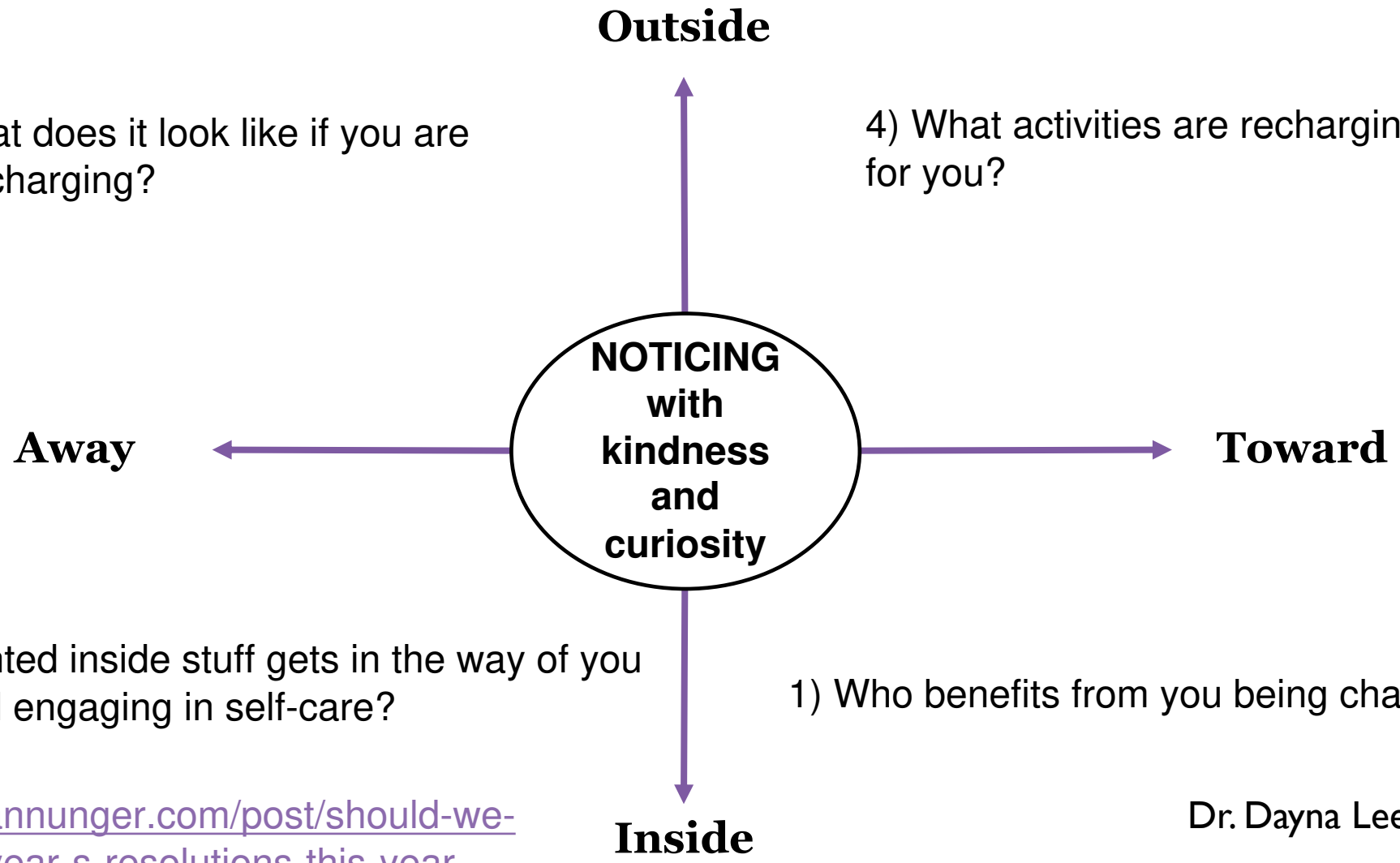

https://www.drjoannunger.com/post/should-we-be-making-new-year-s-resolutions-this-year

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REALISTIC EXPECTATIONS

Expectation

- I should be able to do as much as a could before the pandemic
- I should be able to work overtime, support my family, and take care of myself as long as it is needed

Reality

- Constant change, adaptations and increased workload use up resources
- While maybe possible in the short-term, over working or chronic stress in the long-run leads to burn-out and mental and physical health problems

Use a self-awareness practice to assess your resources, stress level, goals and expectations. If you are falling short on anything, adjust your expectations.

SETTING LIMITS WITH OTHERS

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DEAR MAN (DBT, M. LINEHAN)

- **D**escribe situation - Just facts
- **E**xpress - Feelings, opinions; clearly and kindly
- **A**ssert - Ask for what you want; be direct
- **R**einforce; Explain how it would benefit them; say, "Thank you."
- Stay **M**indful – Focus on goal; broken record; ignore distractions
- **A**ppear confident – Strong tone of voice, posture, eye contact
- **N**egotiate – Compromise, think of alternatives, brainstorm

DEAR MAN: EXAMPLES

Saying No

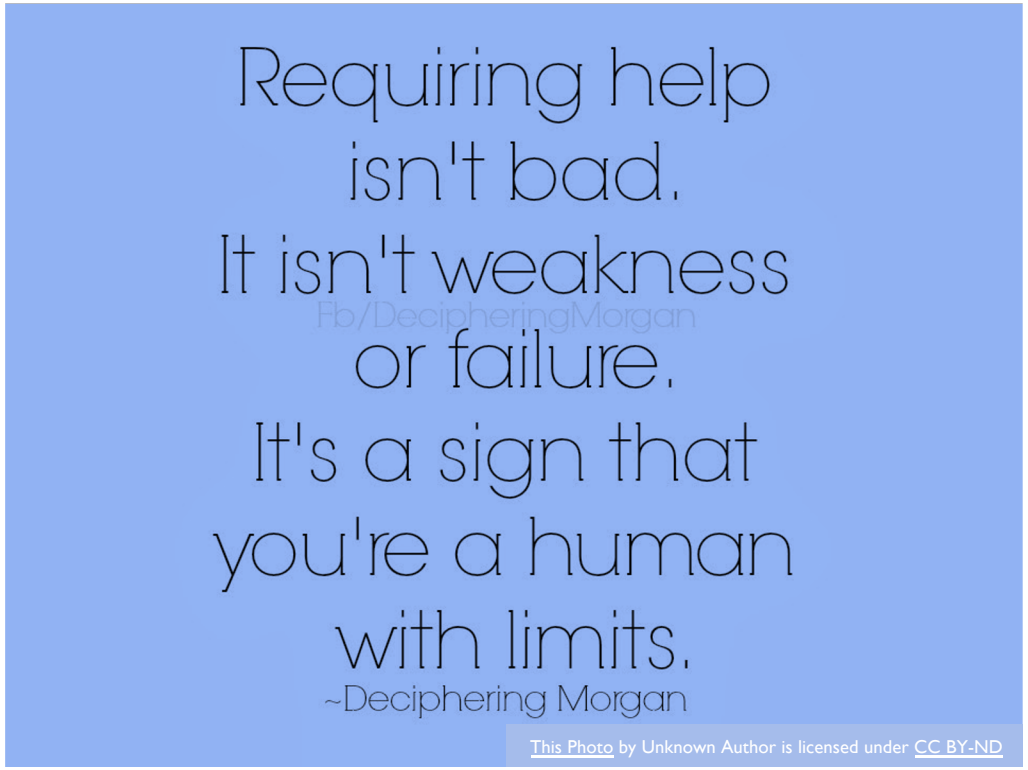
- **D:** I have worked X hours this week and will be doing this again next week.
- **E:** While I really would like to help you with this project, I am very tired and have limited energy.
- **A:** I am going to have to say no this time.
- **R:** I really appreciate the work you are doing and hope you can understand that I just can't do this right now.

Asking for Help

- **D:** I have worked X hours this week and will be doing this again next week.
- **E:** I am really tired, worn out and struggling to do things around the house.
- **A:** I was wondering if you might be able to make double batches of your suppers for my family once a week.
- **R:** I can pay you for the groceries. This would really help my family have healthier meals and for me to get more rest when I am home. I would so appreciate this.

SUMMARY

- Within circles of control/influence:
  - Set limits with ourselves
    - Engage in recharging activities
    - Set realistic expectations of ourselves
  - Set limits with others
    - Say no to extra projects, work, duties
    - Ask for help



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