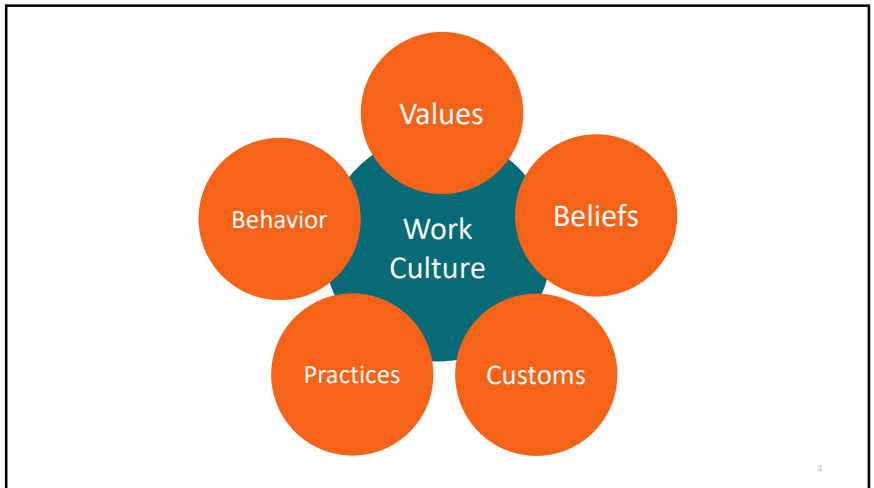


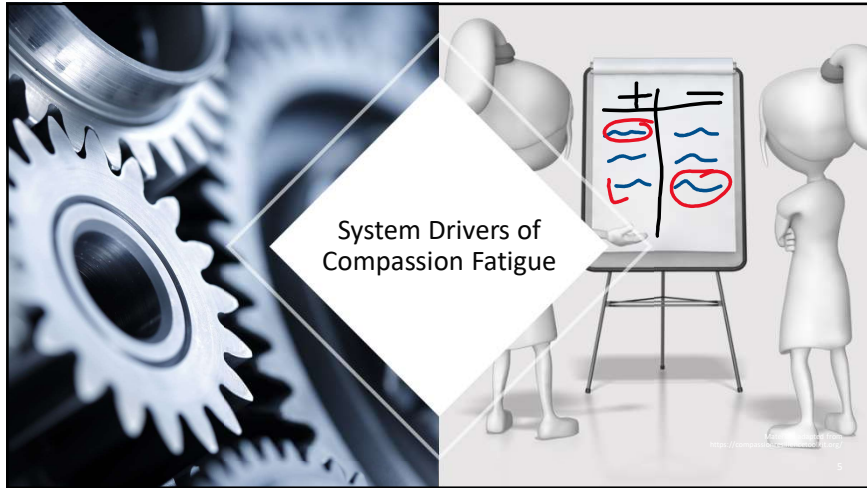
Professional Self-Care Series


- July 7 Burnout, Stress, Resilience, OH MY!
- July 21 Practicing Self-Compassion
- August 4 The Compass Wellness Model
- August 18 Reconnecting with Purpose
- September 1 **Saying "No" to say "Yes" at Work**



Describe your vision of the most positive work environment that would allow you to be your best self in your job.





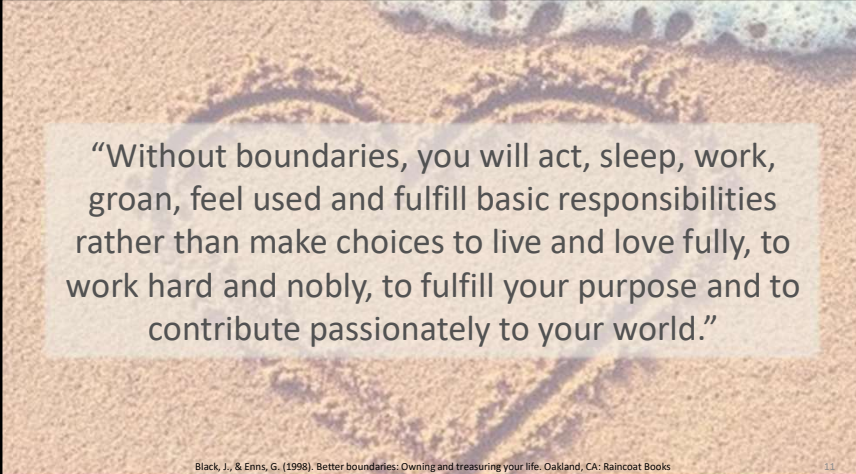


Setting Helpful Expectations

- Stem from how we want to live, act, and show up in the world
- Are focused on the present
- Are within our control
- Can serve as a guide to daily living

Materials adapted from <https://compassionresilience toolkit.org/>

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“Without boundaries, you will act, sleep, work, groan, feel used and fulfill basic responsibilities rather than make choices to live and love fully, to work hard and nobly, to fulfill your purpose and to contribute passionately to your world.”

Black, J., & Enns, G. (1998). *Better boundaries: Owning and treasuring your life*. Oakland, CA: Raincoat Books

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Building Positive Working Relationships

- Acknowledge we all have expectations
- Strive to make expectations more transparent
- Take responsibility to communicate our own wants and needs

Materials adapted from <https://compassionresilience toolkit.org/>

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Permeable Rigid Flexible

<https://compassionresilience toolkit.org/healthcare/>

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Flexible

<https://compassionresiliencetoolkit.org/healthcare/>

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Identifying Needed Boundaries

Thinking back to the vision that you have for a positive work culture, what behaviors would you see?

Write down (on your own) three responses for each of the following:

I have the right to ask for...

To protect my time and energy, it is OK to...

People may not...



Materials adapted from <https://compassionresiliencetoolkit.org/>



<https://www.theworkofthepeople.com/boundaries>

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Tips for Setting Compassionate Boundaries

- Know what you want to say "yes" to in your life (values and priorities)
- Be proactive. Have "meetings" to discuss boundaries. Structure offers safety for both sides.
- Just say it! Don't make people guess. Use simple and direct language.
- Reinforce by pointing out the violations or near violations **IN THE MOMENT**.
- Give explanations that are specific, relevant to the other person, and offer shared solutions.
- Back up your boundary with action. If you give in, you invite people to ignore your needs.

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Choose one boundary that you have set for yourself at work.

Identify 1-2 steps you will take in the next week to communicate that boundary to others.



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