

# WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing.

2nd of April



Click the image to the left for a brief video on setting healthy boundaries.

Boundaries sound like...



I can help, but I cannot do this for you.



I am not responsible for your emotions.



I respect your opinion, but I have my own opinion as well.



I understand you're upset, and I am not okay with being spoken to that way.



I am done talking about this.



I need you to understand what I'm feeling, I don't need help problem-solving right now.



Right now, I need some time to myself. I would love to hear more about this later.



I understand I am important to you, and while I care about you, I need some space.



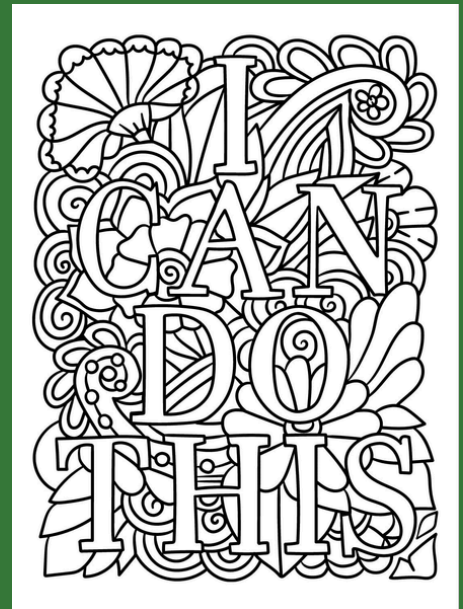
No.



Click the image above for a meditation on setting boundaries.

This Week's Affirmation:

When people respect my boundaries, they show that they respect me



In the mood to color?  
Click the image above and enjoy.

**988** SUICIDE & CRISIS  
**LIFELINE**