

# WELLNESS WEDNESDAY

YOUR MIDWEEK REMINDER TO PRIORITIZE YOUR WELLBEING.

9TH OF APRIL

BOUNDARIES IS LOVING YOURSELF.

"Daring to set boundaries is about having COURAGE to love ourselves even when we risk disappointing others" - Brene Brown

What if they get hurt?



What if YOU get hurt?



IASH.SG

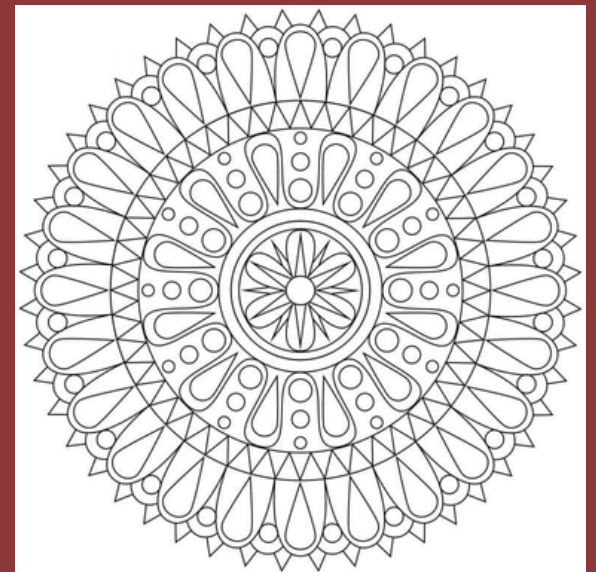
Click the image above for an article on setting and holding healthy boundaries.



Click the image above for a meditation on setting boundaries.

This Week's Affirmation:

My boundaries are an act of self-respect



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

## Boundaries sound like:

mellow doodles



I will end this phone call if you continue to shout at me.



I need time to think about it. I'll come back to you.



I can stay for half an hour.



I don't respond to work emails at the weekend.



Thank you for your offer, unfortunately I can't make it.



I'm not comfortable with that. If you do it again I will have to leave.



I'm not comfortable discussing that. Please do not discuss it with me.



I respect your opinion but this is my life and my decision.

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