

Work/Life Boundaries Activity

Why Boundaries Matter

Boundaries aren't selfish—they're essential for protecting your energy and caring for your wellbeing. When you set healthy self-care boundaries, you:

- Reduce burnout by preventing overwhelm
- Increase job satisfaction by aligning time with values
- Strengthen relationships through clear communication and mutual respect
- Enhance resilience, making stress easier to manage
- Support better sleep, mood, and overall health
- Promote work-life balance by creating space for both professional success & personal fulfillment

Remember: You can't pour from an empty cup. Taking care of yourself allows you to show up fully—both at work and at home—for your family, colleagues, and loved ones.

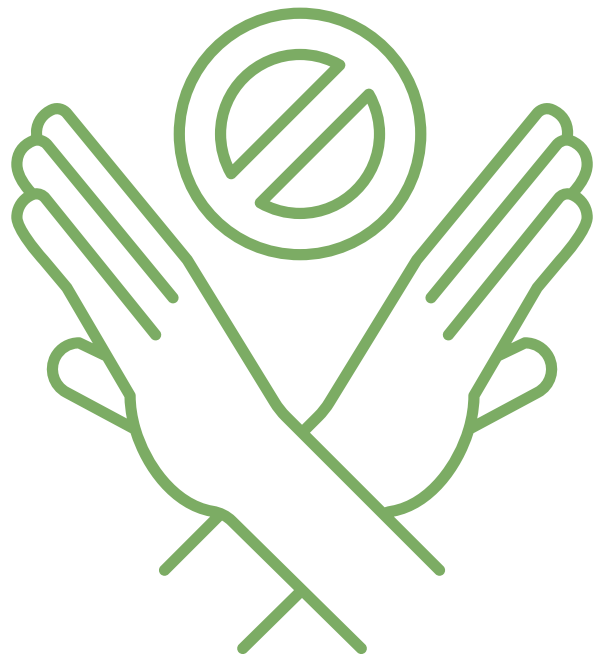
Activity:

Looking at the self-care boundaries worksheet, and the example that's been filled in on page 2, can you think of three situations or relationships where you need better self care? Reflecting on the following questions might help:

- Which relationship, workplace activity or situation is draining or depleting you the most right now?
- What could you do to nourish and care for yourself that would make it more manageable?

Please be honest and gentle with yourself. This is a private exercise and it will not be shared with anyone else **ever**.

Once you have completed page two, please submit to welltogether@augustahealth.com to earn your points!



Example:

Depleting or draining activity / relationship

Boss keeps asking me to take on new projects before I've finished the current one.

Drinking too much alcohol when with friend 'X'

Being the "go to" caregiver and problem solver in my extended family

Self-care boundary and nourishing activity

Have a honest conversation with my boss: "I want to do my best on each project and I'm at capacity right now. If this new project is a top priority, which current task should I set aside for now?"

Suggest meeting for coffee or lunch (nourishing) instead of going to a bar

I love my family, but I can't always be the go-to. I'll help when I have capacity, and sometimes that means saying no or asking others to step in. "I don't have the capacity for this one, please check with [another family member]."

Your Turn:

Depleting or draining activity / relationship

Self-care boundary and nourishing activity