Self-care boundaries

Setting healthy boundaries helps support mental well-being. It includes prioritizing adequate self-care and establishing work-life balance that optimizes energy and focus in both personal and work settings. Learning how to do this well may take a lifetime, so why not start now?

The *Workplace Strategies for Mental Health** site provides a *Self-care boundaries* section that offers tips and strategies to establish limits or guidelines in the following areas:

- Rest

- Nutrition and Hydration

- Movement

- Hygiene

- Mental breaks

- Self-compassion

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