Setting healthy boundaries at work

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.

Taking intentional steps to create and maintain boundaries at work is important for preventing burnout, avoiding compassion fatigue, and enhancing your work-life balance.

Visit the *Workplace Strategies for Mental Health* website to review the **Setting Healthy Boundaries at Work** page. You will learn several steps to set healthy boundaries and take care of yourself while at work, including:

- Write out the risk to your well-being and the boundary that can help to protect against it

- Specify where the line is in crossing that boundary

- Communicate your boundary to those who will be affected by it

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Visit clwsmh.com to access Workplace Strategies for Mental Health free tools and resources

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