

EMPLOYEE ASSISTANCE PROGRAM

SETTING HEALTHY BOUNDARIES DURING THE HOLIDAYS

Empowering phrases to help you set limits with kindness

I'm not discussing politics today.

I can come, but I have to leave by...

I can host, but I need volunteers to help with...

I don't feel comfortable talking about that right now.

I appreciate the invite, but this year I'll be staying home.

I feel uncomfortable when...

Thank you for thinking of me, but I can't.

Setting boundaries with people can reduce your stress level and increase your joy during the holidays.



Sources: [CallMeBetty](#), [Tiny Buddha](#)