

EMPLOYEE ASSISTANCE PROGRAM

HOLIDAY TIP: SETTING HEALTHY BOUNDARIES

Empowering phrases to help you set limits with kindness

We are really looking forward to dinner we need to leave by 'x' time.

Let's not discuss this topic at dinner.

Thanks for thinking of me, but I can't do 'x' this year.

I am not eating 'x' right now, but I appreciate you taking the time to make it.

I am going to head upstairs and get some quiet time.

