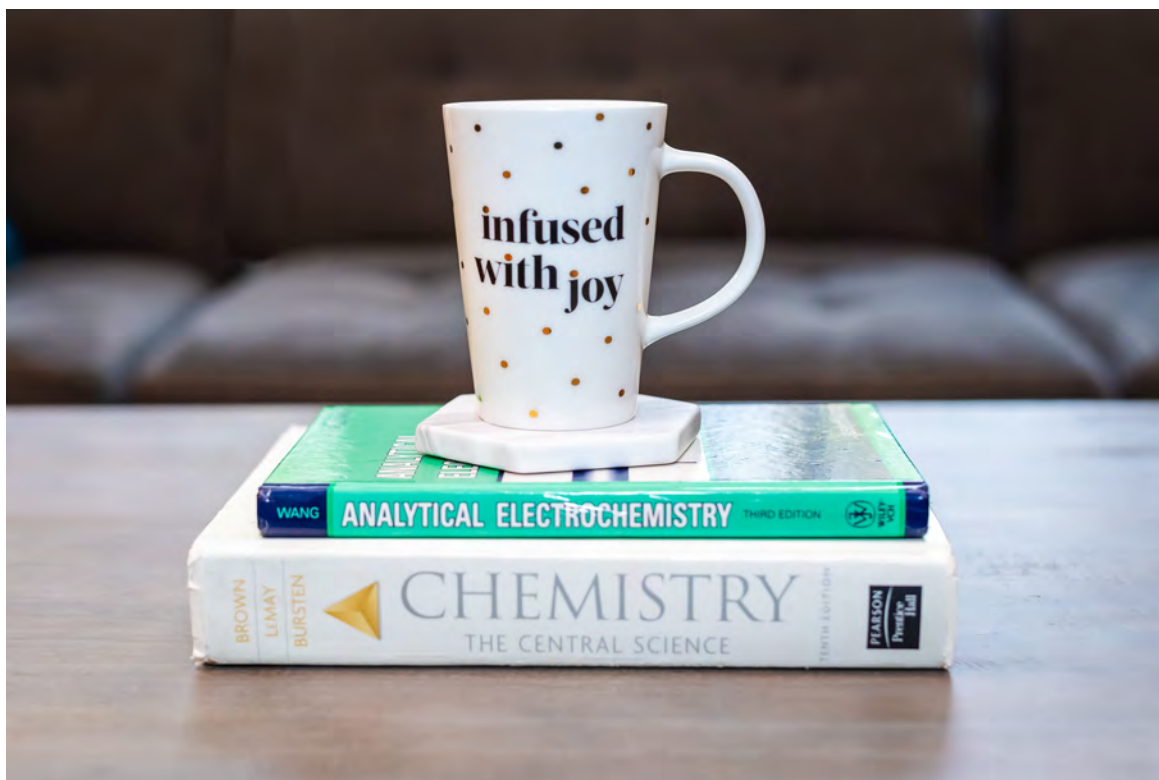
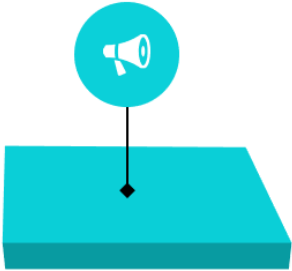


# Basics of Building Resilience

## Burnout, Boundaries, & Believing

Lori Ana Valentín, Ph.D.





Set boundaries

**Write down two requirements that stress you out.**

**Write down two non-requirements that stress you out.**

**Why do you continue to prioritize these non-requirements?**



Develop a sleep schedule and routine



Increase workout intensity



Meditate to fall asleep



Eliminate caffeine  
8 hours before bed



Eliminate alcohol  
4 hours before bed



Seek medical help/therapy if  
you do not see a consistent  
improvement after 2 weeks.

Circle two things you can try to help improve your sleep, and pick a date to try them.  
Write down more ideas below!



Set boundaries

## Practice saying no.

**Circle one response you would like to try when setting a boundary on this non-requirement. Jot down any other ideas you have.**

Agreeing to help with a manageable part of a task instead of the entire task.

“That sounds great. I’d be happy to help with A, but unfortunately, I don’t have the bandwidth for B.”

Delegating to someone else who you think would enjoy the project.

“Wow, what an exciting opportunity! One of my peers is amazing at A and I think she’d be perfect for this project. Let me introduce you two via e-mail.”

Asking for help.

“Thank you so much for thinking of me, this project sounds like it will be really impactful. I’d really like to take a crack at A, but my plate is pretty full and I won’t be able to complete it by myself. Would you be able to work with me on it? Or do you know someone else I can team up with?”

Extending the timeline.

“For sure, I can definitely get that done but I’ll need an extra week.”

Thank you for working with me today!  
I hope you will complete the survey and stay in touch.



<https://www.surveymonkey.com/r/5HHQXW8>



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