Basics of Building Resilience
Burnout, Boundaries, & Believing

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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?
Circle two things you can try to help improve your sleep, and pick a date to try them. Write down more ideas below!
**Practice saying no.**

**Set boundaries**

**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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