

SAYING YES TO YOU

Respecting and caring for others begins with respecting and caring for yourself. After all, you can't pour from an empty cup and you can't give people your best self when you're burnt out. Saying "yes to you" means setting boundaries, which Dr. Brené Brown defines as "what's okay" and "what's not." Sounds simple enough, right?

However, we're often uncomfortable setting boundaries because we don't want to disappoint anyone. Setting boundaries isn't about building impenetrable walls; it's simply about saying here's what's okay for me and here's what isn't. When we make healthy lifestyle choices and establish boundaries, we're more resilient and better able to manage stress effectively. By making a conscious choice to support yourself, you'll feel healthier, happier and better overall. It's an important step toward being able to say yes to others.

SELF-CARE STARTS WITH YOU

Saying yes to you is essential for your health—a "need to do," not a "nice to do." To help you do that more regularly, here are some self-care ideas you can practice:

Eat a healthy meal: Try new recipes and take the time to relax and enjoy mealtimes.

Exercise: Check out a class, go for a walk with a friend or try a new sport.

Be kind to yourself: Respect yourself and give yourself the same compassion you give others.

Sleep: Have a bedtime routine and get to bed early.

Prioritize: Schedule meaningful activities for yourself in your day.

Laugh: Find humour in your everyday life. Laughter makes us feel good!

Set boundaries: Setting healthy personal and emotional boundaries helps ensure you only take on what you feel you can handle.

Remember: There's no one-size-fits-all approach to self-care—only you can find the fit that's right for you!



TIME QUADRANTS

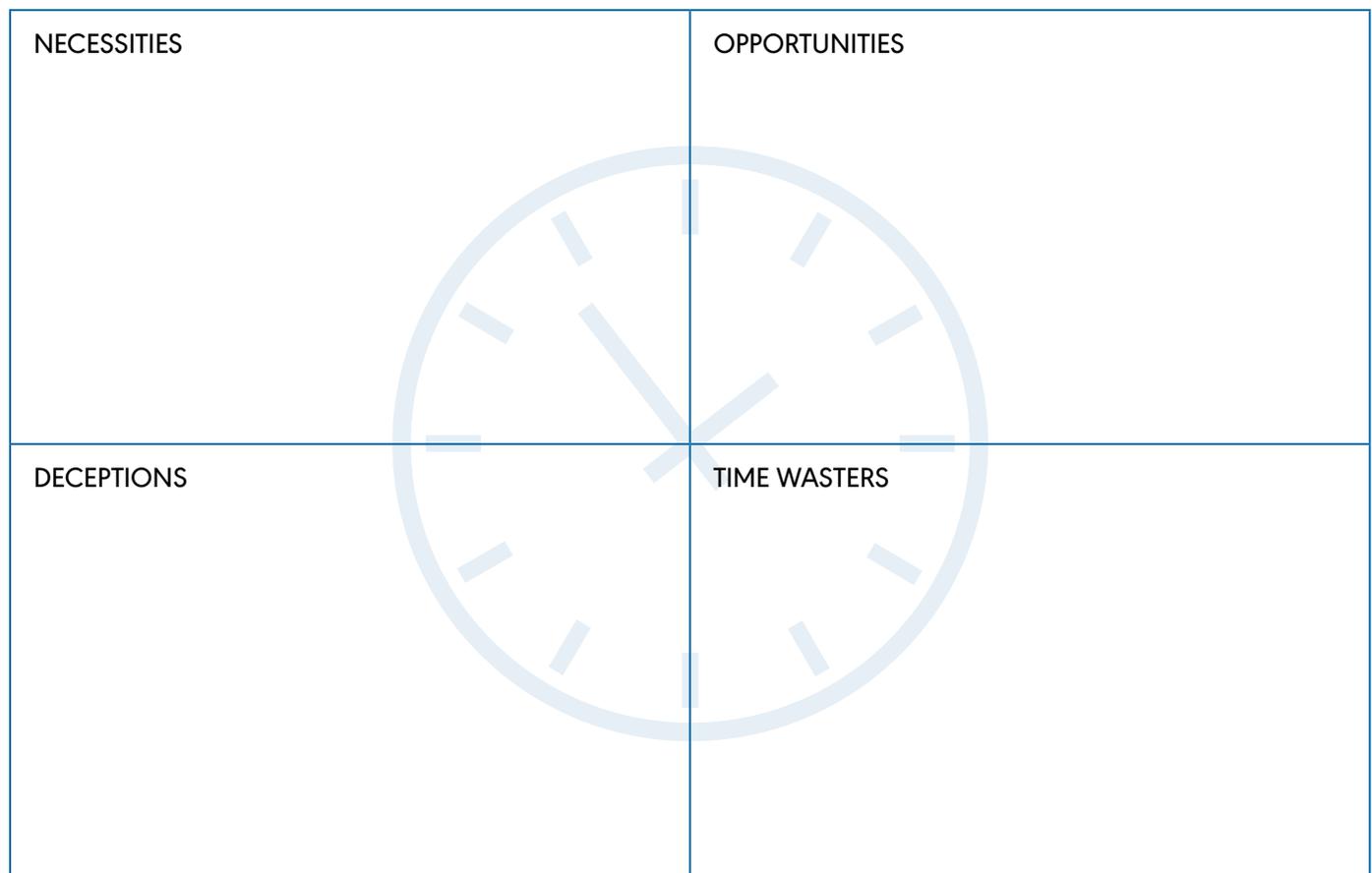
Using the quadrants below, spend some time exploring your current priorities and how you might be able to organize them more effectively.

Necessities: Urgent and important—things that must be done now (e.g. a project deadline).

Deceptions: Not important but urgent—unimportant phone calls, emails and meetings live here. In this case, the activity’s urgency can make us believe it’s also important.

Opportunities: The most important quadrant—activities that are important to you but not urgent (e.g. planning, exercising and relaxation). Complete these before they become necessities.

Time wasters: Neither important nor urgent—activities like endless amounts of TV or social media or sifting through junk mail fall here.



THE SANDBOX TIP

If you need some ideas on how you can fit some “me time” into your day, check out *Being Self-Care Aware* for some inspiration!



COMMUNITY CONNECTION TIP

Saying “yes” will mean different things to different people. Check out alignab.ca to find ideas for free or discounted entertainment and recreation programs in Alberta!

SOURCES

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The Centre for Addiction and Mental Health. (2020). Is there a cost to protecting, caring for and saving others? Beware of Compassion Fatigue. www.camh.ca/en/camh-news-and-stories/is-there-a-cost-to-protecting-caring-for-and-saving-others-beware-of-compassion-fatigue