## Episode 220: How to set a boundary that no one else can break

## *Quick dip with Dr Rachel Morris*

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| **Date**  **Total CPD hours** |

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| EPISODE SUMMARY |
| Get more control over your time by clearly defining and enforcing your personal boundaries. Discover why it feels like people overstep them, and what to do when that happens. |

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| IN THIS EPISODE, YOU’LL: |
| * Learn the difference between making a request and setting a boundary, and how this can help you enforce your boundaries effectively. * Discover how staying in your zone of power can help you set and maintain your boundaries. * Learn about practical steps to enforce your boundaries in your daily life, and protect your time, energy, and emotional wellbeing. |

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| **LISTEN** |
| [Dr Becky Kennedy: Stress Free Parenting](https://fs.blog/knowledge-project-podcast/dr-becky-kennedy/)  The Knowledge Project episode 187  More episodes of You Are Not A Frog:  [How Do You Say No When Someone Might Die?](https://youarenotafrog.com/episodes/193/)  Episode 193  [Get Some Air Cover to Help You Set Boundaries](https://youarenotafrog.com/episodes/181/)  Episode 181  [How to Avoid Amygdala Hijack Part 1](https://youarenotafrog.com/episodes/169/)  Episode 169 |
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| **WATCH** |
| [Watch the video version on YouTube](https://youtu.be/nXUP5r9guyc)  Episode 220: How to set a boundary that no one else can break |

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| **DOWNLOAD** |
| [Your THRIVE Week Planner](https://www.shapestoolkit.com/thrive-planner)  take control of your time by planning your week not your work  [Your Overwhelm SOS guide](https://www.shapestoolkit.com/overwhelm-sos)  your prescription for when it all gets too much |

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| **DO** |
| List three things you have learned from this episode which have had an impact on you |
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| Write down what action(s) you will take as a result of listening |
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| Suggest how these actions will make a difference to you, your colleagues or your patients |
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| Write down how you will know that a positive change has happened - what does good look like? |

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| **ADDITIONAL RESOURCES** |
| Download [Get Your Life Back](https://www.shapestoolkit.com/getyourlifeback), our 60 minute reset for overwhelmed healthcare professionals!  Check out our [Beat Stress & Thrive](https://www.shapestoolkit.com/beat-stress-and-thrive-course-healthcare) course for busy healthcare professionals!  Find out more about the [Shapes Toolkit Training programme](https://www.shapestoolkit.com/programmes-and-trainings)  Check out more free resources from [You Are Not a Frog](https://youarenotafrog.com/resources/)  Join our Facebook Group [You Are Not A Frog](https://www.facebook.com/groups/2212687302308522/) |

**HAVE QUESTIONS?**

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| [Email Rachel](mailto:hello@youarenotafrog.com) or reach her on [LinkedIn](https://www.linkedin.com/in/dr-rachel-morris/) |