

# You Are Not a Frog Podsheet

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

Quick dip with Dr Rachel Morris

**Date** 

**Total CPD hours** 

#### **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.

### 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.













## **LISTEN**

#### Dr Becky Kennedy: Stress Free Parenting

The Knowledge Project episode 187

More episodes of You Are Not A Frog:

How Do You Say No When Someone Might Die?

Episode 193

Get Some Air Cover to Help You Set Boundaries

Episode 181

How to Avoid Amygdala Hijack Part 1

Episode 169

#### **WATCH**

#### Watch the video version on YouTube

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

#### **DOWNLOAD**

#### Your THRIVE Week Planner

take control of your time by planning your week not your work

# Your Overwhelm SOS guide

your prescription for when it all gets too much



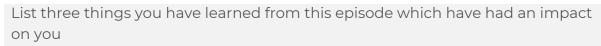








#### DO



Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?













#### **ADDITIONAL RESOURCES**

Download <u>Get Your Life Back</u>, our 60 minute reset for overwhelmed healthcare professionals!

Check out our <u>Beat Stress & Thrive</u> course for busy healthcare professionals!

Find out more about the **Shapes Toolkit Training programme** 

Check out more free resources from You Are Not a Froq

Join our Facebook Group You Are Not A Frog

# **HAVE QUESTIONS?**

Email Rachel or reach her on LinkedIn







