



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

List three things you have learned from this episode which have had an impact on you

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 [Get Your Life Back](#), our 60 minute reset for overwhelmed healthcare professionals!

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Find out more about the [Shapes Toolkit Training programme](#)

Check out more free resources from [You Are Not a Frog](#)

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HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)