**Boundaries- Tips on How You Can Mitigate and Prevent Burnout:**

* I think and write down what are the boundaries that are important for me at work, and in my relationships
* I share my boundaries with respective individuals whether at work and in personal life
* Before I start my workday, I take a pulse on my emotional and mental state to re-set and set the tone
* I take time off of work when reasonable
* I take my break away from my office space
* I make time to dedicate to self and self-care throughout the day
* I have a cap on when work ends and when other “hats I wear in life” start
* I try not to let issues go too far before I decide to set boundaries, and to prevent triggers

Adapted from Nedra Glover Tawwab’s book “Set Boundaries Find Peace: A Guide to Reclaiming Yourself” (2021)