



A little space can help you find your healthy place. By setting boundaries with people and always putting your well-being first, you can become more confident, build healthier relationships and be more in-control of your well-being than ever before.

Looking for more ways to bring balance to your life? The Daily Habits tool from [LIiveWell](#) can help.

## START NOW

### Set boundaries for self-care

#### Speak clearly

If you need to set a boundary with someone, do it clearly, calmly, firmly, respectfully and in as few words as possible. Do not justify or apologize for setting boundaries.

#### Say no

Learn how to say no to others and yes to you. Tell them, “thank you, but I’m not able to take that on right now,” “thanks for thinking of me, but I have to say “no,” or just a simple “no.”

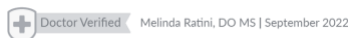


### Setting boundaries starts here.

To learn more about keeping healthy boundaries at work and home, [\[watch this video or read this blog post\]](#).



SOURCE: WebMD.com: “Setting Boundaries”  
University of Kentucky: “How to Create Healthy Boundaries”



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