



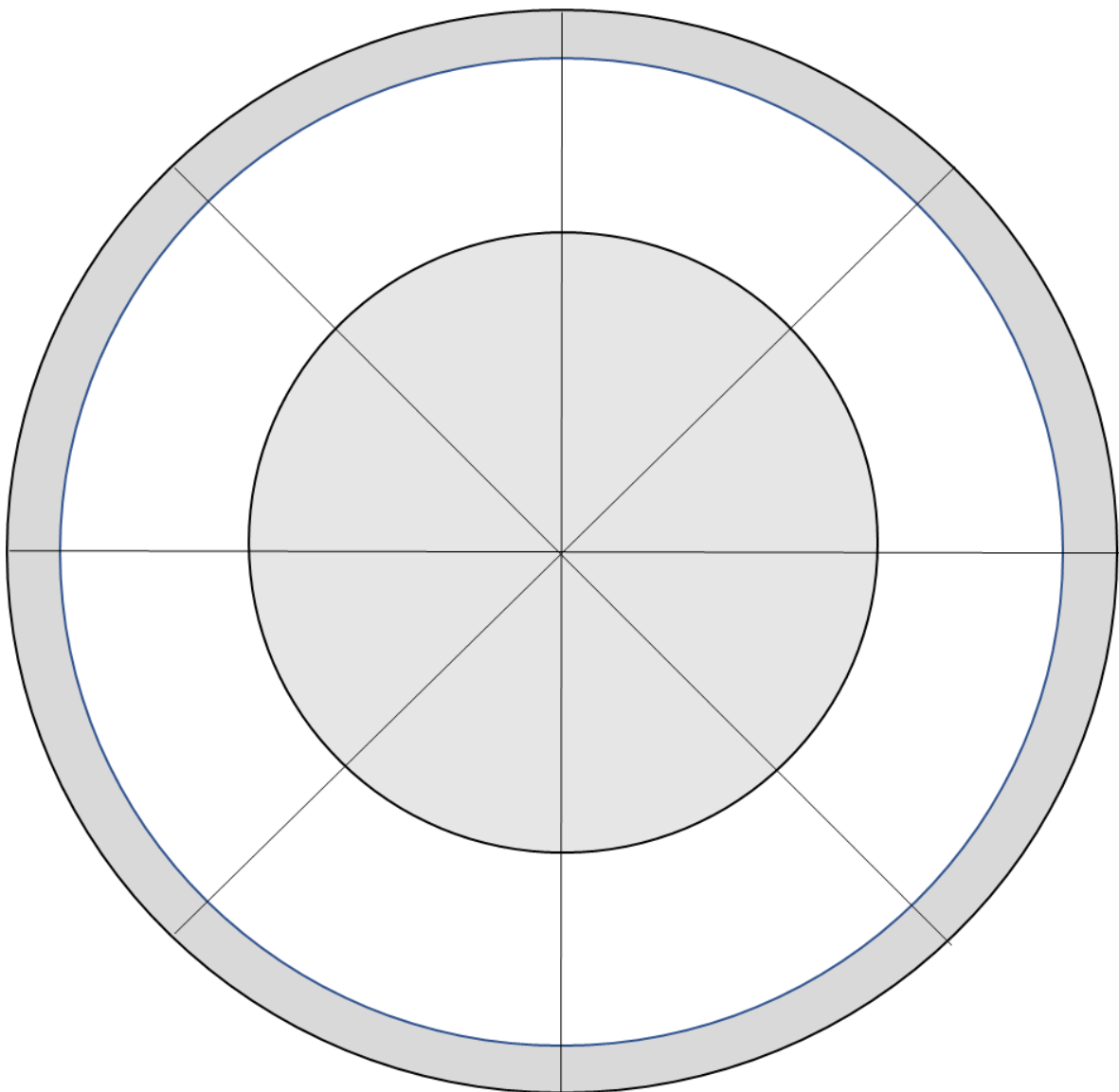
## Self-Care: Reprioritizing Time

Compassion fatigue, burnout, & secondary trauma can be prevented; however, doing so requires an intentional awareness of where our time goes and the boundaries we set.

Boundaries are about knowing where you end and others begin. Recognizing responsibility for our actions and emotions, and acknowledging that we are not responsible for others' helps us realize what we need in order to be well. When we set, understand, and uphold our boundaries, we care for ourselves and promote our wellness.

### What's On Your Plate?

In the circle below, label the dark gray ring with your delineations of time (e.g. days of week, day + time, etc.) Write the things you *have* to do in the white ring. In the light gray ring, write the things you *want* to do.



## Finding Priorities, Not Time

Oftentimes we feel the need to find time for self-care. Many times, what is better for us is to identify what things on our plates deserve smaller portions or can be removed entirely.

**What is something on your plate that you could do less of or say no to?**

**What is something on your plate that you could ask for help or delegate to someone?**

**What is one boundary you want to set to promote your wellness?**

**What will make honoring this boundary difficult?**

**How are you going to overcome these potential barriers?**