

SEEPS Training Companion III.

Burnout Prevention Strategies: **Observing Boundaries**

The purpose of this activity is to explore personal boundaries and identify how and what is needed to best support ourselves and others with boundaries. Reflect and respond to the prompts, then continue to observe and reflect on boundaries throughout the week.

Identify a few boundaries that are important to you as a peer provider:

Observe how others react to your boundaries when they are crossed:

Reflect on your own reactions when boundaries are crossed (in the moment/after):

How/do you practice self-care when boundaries are crossed (both during and outside of work)?