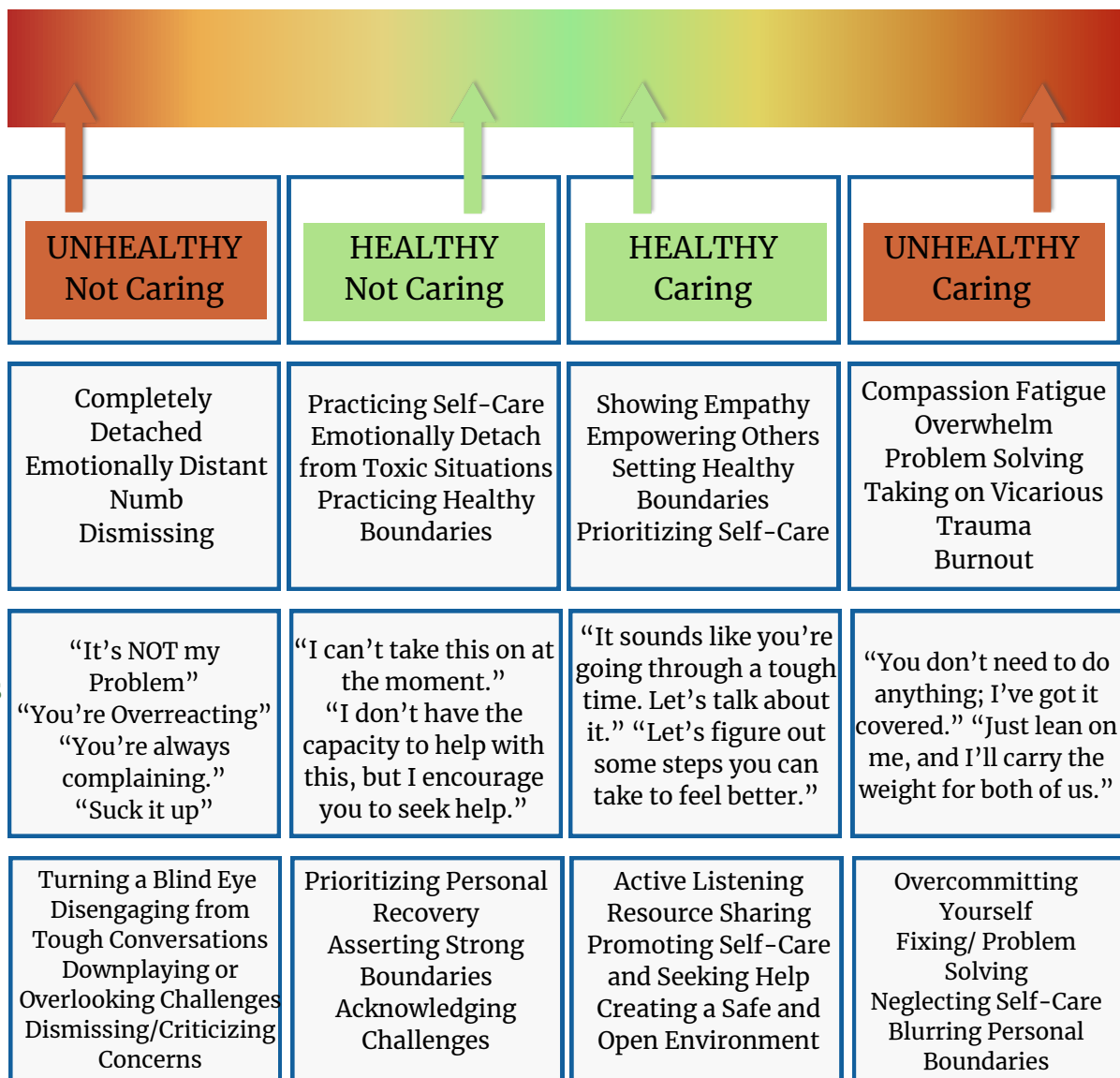


Healthy Care *Boundaries*

Maintaining healthy boundaries is crucial for balancing support for others without shouldering their emotional burdens. These boundaries help define the extent of care you can offer while preserving your own mental well-being. Supporting others in their time of need doesn't mean self-abandonment. Setting clear boundaries helps you understand the limits of your care and empathy, preventing the shift into shouldering behaviors that can lead to resentment, overwhelm, and burnout.

Where do you sit on the scale between caring too little and caring too much?



This toolkit was co-developed by Patient Health Alliance in collaboration with Give an Hour, a national nonprofit whose trauma-informed mental health frameworks informed the structure and tools included.

For more information visit GiveAnHour.org/ContactUs



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