



Learn how to set limits (quiz)

Sometimes it is hard to learn to care for yourself as much as you care for others. It's important to remember to take time for yourself and focus on things that are important to you. Distractions can be difficult to avoid, but there are ways you can prioritize the things that you must respond to over the things that you don't have to respond to.

Complete this quick exercise to find out if you can benefit from setting more limits in your life.

List out things in your life that must be done this week or weekend:

When trying to accomplish tasks, do you ever wish for the following? Check all boxes that apply:

- Space to do work
- Help with household chores
- Alone time to get things done
- Someone to talk with while getting a job done

When trying to push back do you feel: Check all that apply:

- Uncomfortable saying no
- Afraid that I will not be liked or I will make someone angry
- Guilty
- Someone else's needs are priority and are more important than mine

If you checked any of the boxes in the previous questions you can help yourself by learning to set more realistic expectations for yourself, your family and in other areas of your life.

Here are some suggestions on how to approach setting limits:

- When a family member asks for you to do something, suggest that he/she does the task with your assistance.
- Suggest all family members in the home are assigned reasonable tasks and chores each week, and up at the end of the week to ensure the job was completed.

- Set aside a half hour each day to focus on something you want to accomplish. Stick to that time and don't allow for interruptions.
- Be consistent with requests and assignments and be sure that everyone has a fair share of tasks to complete.

Setting limits with others is a good way to establish realistic boundaries for you and your time. It is just as important to focus time on the things you want to get done as it is to help others. People can sometimes get too comfortable and expect you to do things for them. Don't be afraid to push back with a reasonable counter offer such as offering to help or suggesting someone else to help. Learning to set limits can be challenging, but knowing and understanding what your limits are will lead you toward a healthier, happier life.

Help is available. For additional information, visit MagellanHealth.com/MYMH