



Caring Safely™ Module Four – Video Three

Saying “No” for Yes and Self-Care Plan

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In this video

- **Saying “No”**
 - Setting Boundaries and Saying “No” for Yes
 - Celebrate getting uncomfortable
 - Guilt
- **Self-Care Plan**
 - Ten Nourishing Activities for Clinician Wellness

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Saying “No” for Yes

- Why is it important for you to say “no”?
- Think of your ACT paradigm and the top right corner which includes behaviors/ activities that take you closer to living your values
- We need to say “no” in order to make the time and energy for those behaviors/ activities
- We need to say “no” to make time for our SUNs
- We need to say “no” to say “yes” to our lives. We work to live, not live to work.

•“It’s gonna get weird before it gets better”

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USE Model

- Understand: Let the other person know that you understand the situation from their point of view
- State: Say the facts of the situation from your point of view
- Explain: Describe what you would like to see done about the situation now and in the future

Personalize and Integrate with Handout
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Celebrate Uncomfortable

- Think of some things you can start saying "no" to that are not perceived as threatening and then build up
 - No thank you to extra food
 - No thank you to stuff you don't want
 - No to tasks around the house
 - No to extra tasks at work
 - No to volunteer requests

If it's not 100% yes, then it's "no".

Use the deep breathing, sensory grounding and the USE model to say "no" and then CELEBRATE the uncomfortable part that comes with it, as well as the fact that you've just asserted yourself and set a boundary. You are creating long-term change for sustainable caring and improved quality of life.

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USE: When they don't respect your boundary

What happens when you execute a beautiful USE Statement and the other person ignores you and keeps asking.

Depends – personal right to say "no" – say, "thank you for the offer to" and repeat your statement exactly as you said it the first time. If they still continue to push, do not engage in arguing, simply say you need to end this conversation.

If at work and it's not a required activity, it's usually respected. Again, I like to add "thank you for the offer.... USE Statement"

If it's a required activity then you may not have a choice as long as you want to stay in the position.

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Guilt

Guilt is an appropriate emotion if the action you took was with the intention to harm someone.

Guilt is not an appropriate emotion if the action you took was not with the intention to harm someone.

Saying "no" to take care of yourself or your loved ones is not with the intention to harm someone.

Even if the other person feels/states it's being done to harm them, they may be trying to manipulate the situation and keep the pattern of you helping in place.

They need to "own" their own thoughts/emotions/behaviors just like you are.

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Self-Care Plan

- Relaxation
- Cognitive Care
- Emotional/Spiritual Care
- Physical Care
- Connection

Be Flexible – Use as a Guide

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Ten Nourishing Activities for Clinician Wellness

1. Journaling
2. Gratitude Journaling
3. Deep Breathing
4. Walk Mindfulness
5. Eat Mindfully
6. Drink Water
7. Stretch
8. Connect
9. Snacks
10. Walk outside

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Review of video three

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