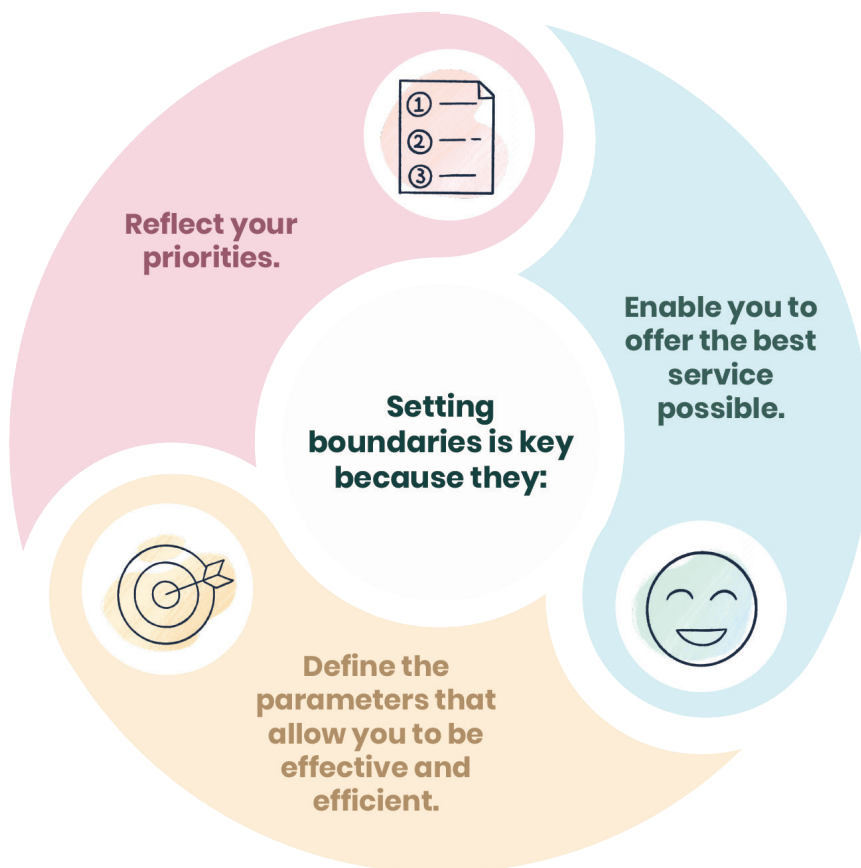


I Matter: Set Boundaries

It's hard to say no. But never saying no has its consequences. It stretches you thin. Something will eventually give, and we don't want that to be you!



When facing something that challenges your boundaries, ask yourself:

I Matter is a platform to equip Ontario veterinarians with knowledge and strategies to help them better cope with and respond to the challenges they face in their professional and personal lives.

Visit www.i-matter.ca

Wellness. Resilience. Care.

Mind full vs. Mindful



Try Mindfulness

Take a moment to think about what's important, and what you need to be the best version of yourself (as an individual and a professional) and prioritize them. Personal and professional boundaries are an integral part of this.

Try mindfulness meditation to help with short- and long-term stress reduction, reduce anxiety and depression, and improve your mental wellness. Take a moment to consider what you need to be the best version of yourself.

Do I need to step back from this situation, or call for support?

Will this seem important next week?

**How is my body feeling?
Hungry? Tired? Tense?**