I appreciate the invite, but this year I'll be staying at home.

My body is not a topic for discussion.

I'm not discussing politics.

No, thank you.

I feel uncomfortable when...

I can host, and I need volunteers to help with...

I can come, and I have to leave by...

Thank you for thinking of me, but I can't.

Maybe another day.

I don't feel comfortable talking about that right now.

Healthy Holiday Boundaries

Setting boundaries with people can reduce your stress level and increase your joy during the holidays. Above are some empowering phrases to help you set limits with kindness.

Visit your member website to learn more.

Magellan
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