

*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.

Help is available. Contact your Employee Assistance Program at Member.MagellanHealthcare.com or 1-800-356-7089 (TTY 711).

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