

# Video — Setting Boundaries to Avoid Burnout

1st September 2021

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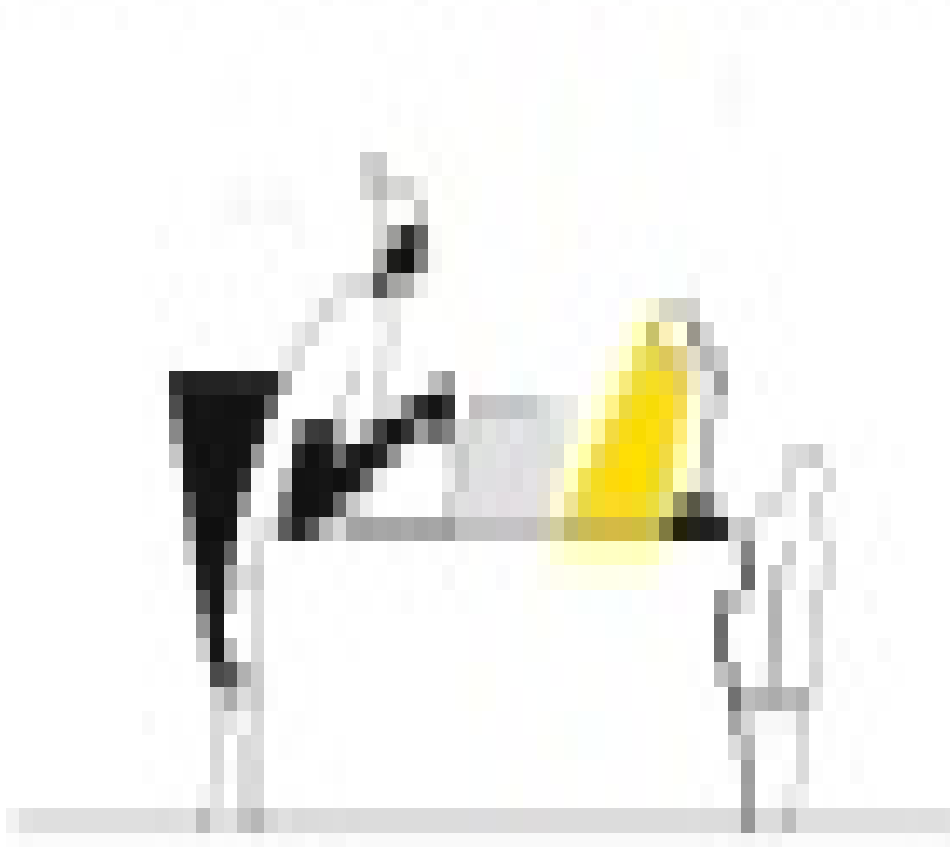
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How do you set boundaries to avoid burnout?

It's not just about saying no, it's about saying yes to yourself.



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