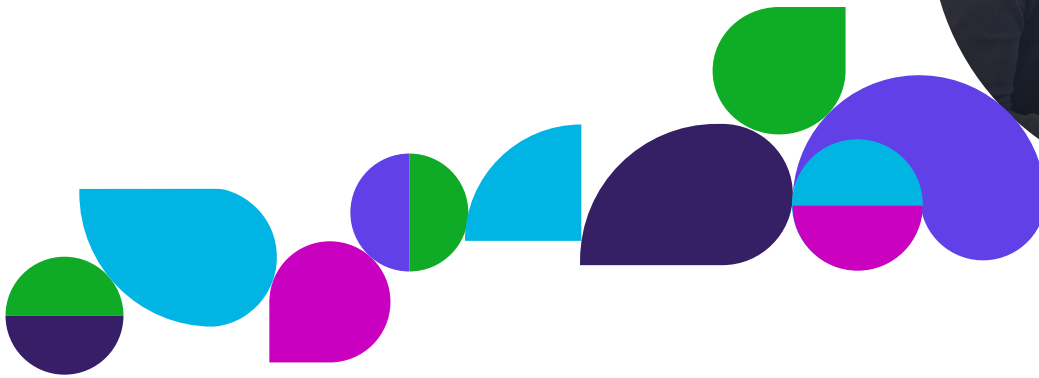


MAKE YOURSELF A PRIORITY:

# Learn to say no



**Always saying yes can lead to feeling stressed and overwhelmed.** Taking on more than you can handle will cause you to be spread too thin. You won't be at your best for yourself or others. You have limited time and energy, and if you use all of yours for other people, it could lead to burnout.

## Be aware of why

**Note what might be keeping you from saying no.**

You have fear of missing out (FOMO). You'll feel guilty. You are worried about the response. Ask yourself some questions. Do I have the time and energy to do this? Do I want to do this? Separate what is being asked from who is asking. You are saying no to the request, not the person.<sup>1,2</sup> Balance your willingness to help others with a willingness to help yourself.

## Are you a people pleaser? Do you...

- Go out with coworkers because everyone else is going?
- Pick up a friend's kids from school, derailing your tasks for the day?
- Eat unwanted foods because a family member made it "especially for you?"

**If you answered yes to any of these questions, you may have trouble saying no.**

## Learn to say no

**We're all entitled to set healthy boundaries to find balance in our lives.** There's no need to feel bad, guilty or defensive.

The key is finding a way to say no that feels natural to you.<sup>1</sup>

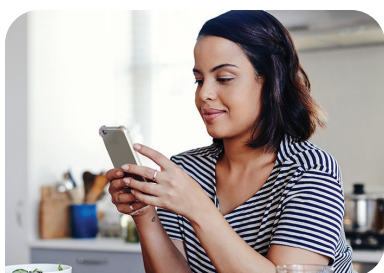
If there's a situation or a person you're apprehensive about facing, role play saying no with a trusted friend or family member. Communicate clearly and be direct.<sup>3</sup> It's OK to say, "I am sorry. I cannot help you because (list your reason)."<sup>4</sup>

**Remember that saying no is not a negative—it's you saying yes to your own needs.**

## Make yourself a priority

**It's helpful to make a list of your tasks for the day and prioritize them.**

If someone asks you for help, look at your list before answering. Do you have time to squeeze another person's tasks onto your list? The list will help you spell out your needs and limitations. Saying no lets you accomplish your own goals.



## Saying no is a form of self-care

**This can help prevent you from feeling overextended and exhausted.**<sup>3</sup>

Setting healthy boundaries can benefit your mental well-being. It will also help you feel self-assured and empowered.<sup>4</sup>

Let us be a part of your self-care journey.  
To sign up or learn more, go to  
[TeladocHealth.com/Smile/HEALTHYCOUNTRY](https://TeladocHealth.com/Smile/HEALTHYCOUNTRY).

<sup>1</sup><https://www.psychologytoday.com/us/blog/living-well-when-your-body-doesnt-cooperate/202307/how-saying-no-enhances-authenticity-and>

<sup>2</sup><https://www.psychologytoday.com/us/blog/prisons-and-pathos/202105/how-and-why-say-no>

<sup>3</sup><https://www.psychologytoday.com/us/blog/mind-matters-from-menninger/202111/the-power-of-saying-no>

<sup>4</sup><https://www.psychologytoday.com/us/blog/emotional-nourishment/202202/the-freeing-power-saying-no>

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-835-2362 o visite [TeladocHealth.com/Hola/HEALTHYCOUNTRY](https://TeladocHealth.com/Hola/HEALTHYCOUNTRY)

Members must have primary insurance coverage through the Blue Cross and Blue Shield of Texas (BCBSTX) plan offering the Livongo program. For Administrative Services Only (ASO) and Preferred Provider Organizations (PPO) only. Not available for Fully Insured (FI) or Health Maintenance Organizations (HMO).