Learn To Say

NO

GDAS

Setting boundaries and saying no can help reduce stress and prevent burnout.

Learning to say no can help you prioritize your own needs and well-being.

Saying no can also help you build stronger and more meaningful relationships by allowing you to be fully present when you do say yes

Saying no to tasks or commitments that don't align with your goals or values can help you focus on what's important to you.
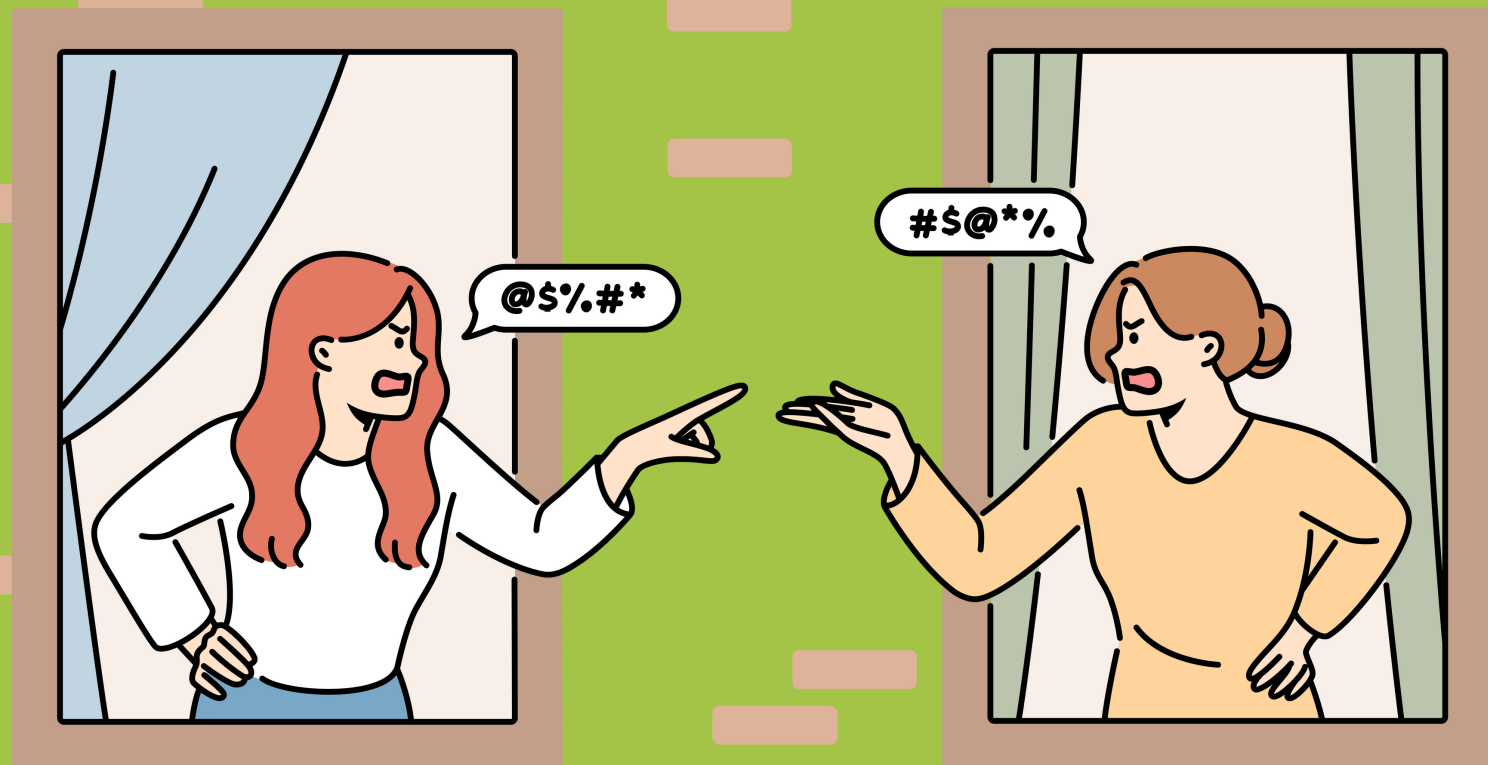
Remember that saying no doesn't have to be rude or confrontational - there are many ways to decline an invitation or request politely and respectfully.

Finally, practicing saying no can help you build confidence in your ability to make decisions and assert your needs.