## Suggested behavior based on the podcast E7: Setting boundaries with Dr Hannah Badland

## What I want to be

What

## When

## Where

## With whom

## For how long each time

How often per week

## For how many days/weeks

## Reminder

## Anticipated barriers

## Accountability

## Tracking

## Reinforcement/ Reward

## Overcoming barriers

Getting support

Able to reduce the number of evenings and weekends that I work so that I can spend more quality time with my family and prevent burnout.

Set a boundary around my work hours.

No work after 6pm or on weekends

At home

Need to set new expectations with all team members that I will not be working evenings and weekends so they need to send work for review with longer deadlines.

## NA

Maybe start with weekends, then try to reduce weekday nights.

I will build up over the month to reduce work hours. Starting with weekends.

I will leave my laptop at work. I will hand it to my partner if I am working from home. I will share with family that I am trying to reduce work hours and get them to remind me to not open my computer/phone after work hours.

Urgent work project. More work than the time I have. Not able to meet performance goals.

Prioritize most important work. Speak with manager around priorities, performance goals etc. Share with team that trying to role model healthy work hours.

Tracks number of hours. Track productivity and hours and check whether productivity is affected.

Pay attention to improved mood from reduced work hours. Pay attention to enjoyable activities with family or simply more time alone to rest or read.

> Adjust priorities and performance goals. Focus on most impactful work to demonstrate that additional work is not needed. Use technology to help with non human tasks. Ask for additional team members when goals are large or urgent. Practice reminding people of new boundaries and expectations. Schedule other activities that prevent me working, e.g. weekend away, evening out.

Speak with manager and team about new expectations. Remind them this is good role modeling for burnout prevention.

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## ME 2WE my Behavior Change Plan

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