

Post-Workshop LEAD Resources for CUIMC  
Setting Boundaries & Prioritizing Your Mental Health in the Workplace

**Videos, Music & Podcasts to Explore:**

- [“EMELINE: What it means to be a girl”](#) - (song)
- [“Emotional Labor: Why a Woman’s Work Is Never Done and What to Do About It”](#) by Regina Lark (youtube video)
- [“What Are Boundaries and Why Do They Matter?”](#) featuring Nancy Kalina Gomez (Inside Mental Health Podcast)
- [“That’s What She Did Podcast”](#) - Podcast about women leaders you’ve never heard of by Tangie Renee (podcast)
- [“Can We All “Have it All”](#) by Anne Marie Slaughter (TedTalk)
- [“Good boundaries free you”](#) by Sarri Gilman (TedX Video)
- [“Emotional labour is a heavier burden for some of us”](#) by Leah Cowan (TedTalk)
- [“International Women's Day Panel: Creating Healthy Boundaries: A Discussion Across Three Continents”](#) by Trish Ahjel Roberts, Yuliana Francie, Malini Sarma, and, Deb Marcano.
- [“The Cure for Burnout \(Hint: It Isn’t Self-Care\)”](#) - by Emily Nagoski, Amelia Nagoski and Cloe Shasha Brooks (TedTalk)
- [“Women in the Workplace: The Unfinished Fight for Equality”](#) (CBS Documentary)

**Books & Articles to Explore:**

- [“The Language Women Use in the Workplace and What it Means”](#) by StemWomen
- [“Women and the Burden of Emotional Labor During COVID-19”](#) by Indeed Editorial Team
- [“50 Ways People Expect Constant Emotional Labor From Women and Femmes”](#) by Suzannah Weiss
- [“This Is What It Looks Like to Set Personal and Emotional Boundaries”](#) by Elizabeth Yuko
- [“Emotional Labor of Women of Color in the Workplace”](#) by Tait Manning
- [“How To Set Healthy Boundaries — A Compassionate Guide for Women”](#) by Julia Horvath
- [“Taking up space at work isn't easy. Here's how employees can speak up for one another”](#) by Stacey Vanek Smith, Janet W. Lee, and Connie HanZhang Jin (NPR)
- [“How to Set Healthy Boundaries: 10 Examples + PDF Worksheets”](#) - by Joaquín Selva, Bc.S., Psychologist
- [“7 TIPS FOR SETTING HEALTHY BOUNDARIES FOR WOMEN IN STEM”](#) by EngineersRising
- [“IT’S NOT JUST YOU: Burnout & Higher Education”](#) by Kate Theobald | University of West Georgia
- [Burnout: The Secret to Unlocking the Stress Cycle](#) by Emily Nagoski PhD, Amelia Nagoski DMA

**Tools, Strategies and Accounts to Explore**

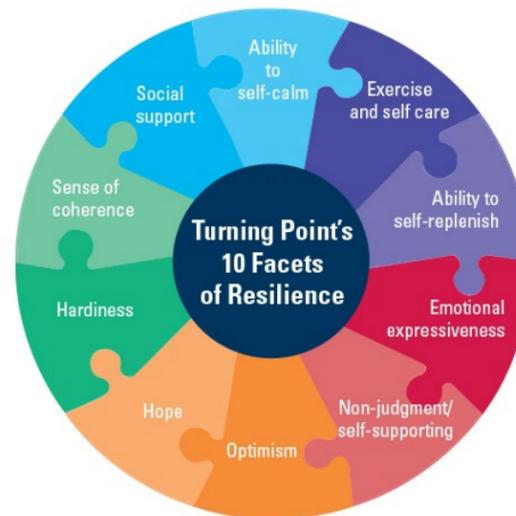
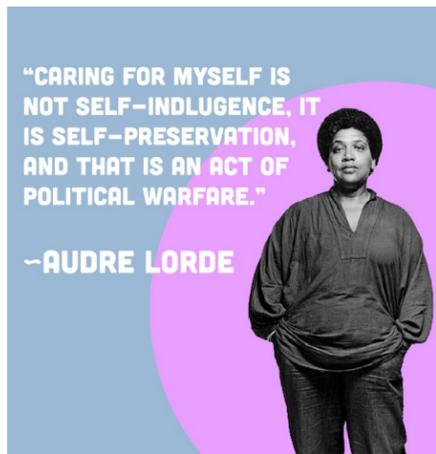
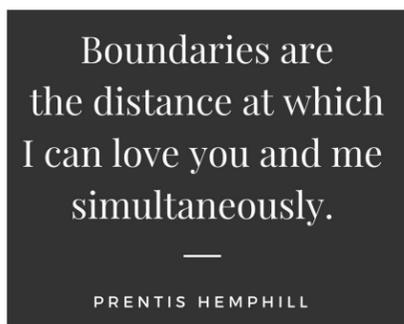
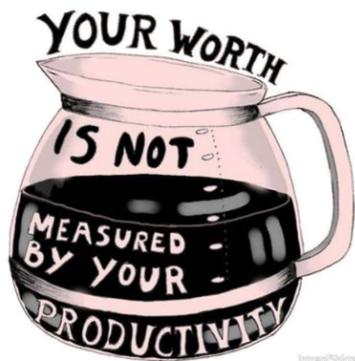
- [Energy-Budget Template](#) (Make a copy & fill it in for yourself!)
- [Self-Care Assessment](#) (download & fill out!)
- [SMART Goal Template](#)
- [Free Yoga with Adriene Videos](#) - for any occasion/mood!

LEAD E-Course to Explore - Use the coupon code “VirtualFriend” for 10% off !

- [Work Smarter Not Harder: Self-Care and Stress Management at Work](#) (90-minute e-course)



**Graphics to Explore:**





(LEAD)

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**Boundaries sound like:**  @the.holistic.psychologist

"I understand you are angry, but do not speak to me that way"  
"I won't be able to make it"  
"I would appreciate you not bringing this up anymore"  
"If you text me, I'll text back at a time that works best for me"

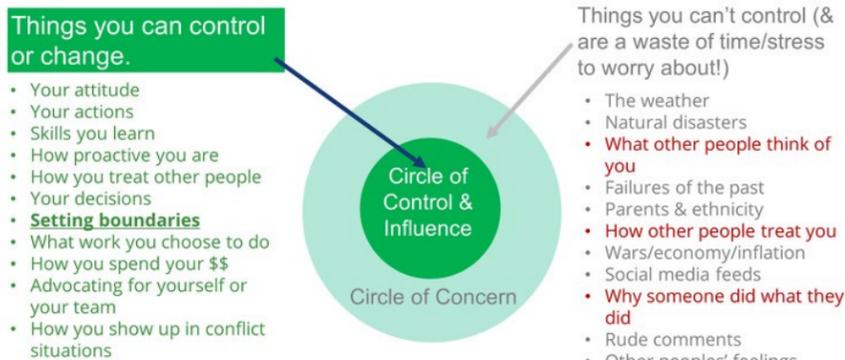
**Boundaries include an action:** 

"If this continues, I won't be spending time here"  
"If you cannot respect what I'm asking, I'll need space"  
"If you continue to pressure me or attempt to guilt me,  
I'm going to have to end this conversation"

**Boundaries Feel like:** 

confusing, terrifying, and guilt ridden  
(if we come from codependent dynamics)

### Circle of Control



Source: Graphic by Engineers Rising LLC. Source info adapted from "7 Habits of Highly Effective People" by Stephen Covey