



Have you ever experienced burnout?

01 Look at the pictures on these pages. With a classmate, discuss what you think the people are feeling and why.

02 Read "Burning the Candle at Both Ends." Answer the questions below.

1. What kind of boundaries can be set?

2. What are some benefits of setting boundaries?

3. What can not setting boundaries cause?

4. Why is it important to refuse to help sometimes?

03 Read the text again. Order the steps to setting effective boundaries.

- Speak up about the need to reinforce your boundaries.
- Communicate your boundaries with others.
- Identify if boundaries are being respected.
- Become aware of what your personal boundaries are.



Burning the Candle at Both Ends

Maintaining personal and academic relationships is a lot of work. One way to relieve the strain is to set emotional, physical, or financial **boundaries**.

When we set boundaries, we let others know what we find acceptable and unacceptable so that when someone crosses a line, we can communicate that clearly to regain trust and understanding. Setting effective boundaries requires **assertiveness**, not aggression. Being clear about your limits doesn't mean you can't **compromise**, but it does mean avoiding getting walked all over.

When we don't set boundaries, we are more **prone** to overworking, overthinking, and overdoing. This can lead to **burnout**, a physical and mental exhaustion that stems from chronic stress. We are more likely to experience burnout when we let others take advantage of us, asking us to do favors or take on more responsibilities than we are able. Limiting how much we are willing to lend a hand makes it easier to refuse to assist after a certain point, knowing that taking care of ourselves is equally important.

Setting boundaries starts with identifying them. Perhaps you don't like lending money to friends or feel awkward discussing your feelings with certain people. By understanding what makes you feel uncomfortable, you will be ready to **convey** that to others. Afterward, continuous evaluation is required to determine whether additional communication is needed. Although it can be unpleasant to reinforce boundaries, this will lead to healthier relationships.



04 If you have ever experienced the situations below, check (✓) the boxes. Then, tell a classmate how you felt.

1. Someone you don't know well asked to borrow money.
2. Someone of a different gender gives you many hugs, but you don't like this person.
3. Someone you know always asks for help even when they can see you are very busy.

05

Match the sentence halves.

1. If you didn't crowd Magda so much,	a. they wouldn't have such a good relationship now.
2. If Mario hadn't shared his feelings with his mother,	b. if he had had someone to talk to.
3. If Nadia hadn't lent Josh the money,	c. she wouldn't have gotten angry when he didn't return it.
4. Ximena wouldn't feel burned out	d. if he hadn't set better boundaries earlier.
5. Paco wouldn't be relaxed	e. she wouldn't push you away.
6. Bobby would have been happier growing up	f. if she didn't volunteer so much.

06

Underline the correct option to complete the sentences.

- If you **don't agree / didn't agree / wouldn't agree** to everything, they wouldn't keep asking you.
- If you **don't pull / didn't pull / hadn't pulled** away, Marsha would have given you a hug.
- If you **haven't / wouldn't have / hadn't** said "no" before, Bertha would still be bothering you.
- Mia **wouldn't have gotten / had gotten / didn't get** help if she hadn't spoken to her therapist first.
- Bella **still feels / would still feel / hadn't felt** uncomfortable if she hadn't found the courage to speak up.
- Meg **would be / wouldn't have been / were** burned out if she hadn't set clear limits.



WHAT IS YOUR SAFE SPACE?



07

Write a text message to a friend setting a boundary. Use conditionals. Exchange books with a classmate and ask them to write a response.



08

With a classmate, write some boundaries for a situation in Exercise 4. Role-play setting boundaries. Afterward, discuss why setting boundaries was a healthy decision.