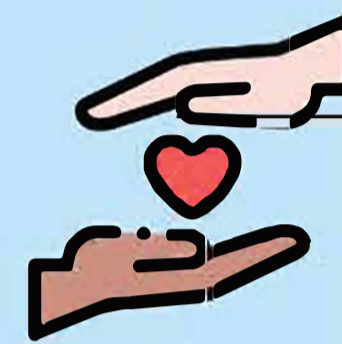


# Communicating Your Needs



## Personal Wellness

It's important to approach our social needs in a healthy way by considering and communicating our needs.



## Compassionate Environment

Talking about your needs can create more compassionate and supportive learning environments for everyone.



## Learning Experiences

Knowing your boundaries positively influences all areas of life such as work, volunteering and relationships.



## 3-Step Approach

Try a 3-step approach - acknowledge the situation, communicate your boundaries, and try to meet them halfway, if possible.



## Things to Remember when Communicating Your Needs

Boundaries aren't meant for restricting others' behavior - instead, they are meant to help you recognize and take care of your own needs.

The process may be emotional and take time and practice, but it is worth it!

