

# HEALTHY BOUNDARIES

## *for a Healthier You*



Join EACC Case Manager Jada Baker, CCISM, LMSW, for a discussion on why healthy boundaries are essential for emotional well-being and workplace performance; signs of boundary strain — including overwhelm, resentment, role creep, and emotional fatigue; and common barriers to setting boundaries. Participants will learn how to set and express boundaries respectfully and confidently to support mental health, reduce stress and prevent burnout.

### **WHEN & WHERE:**

Tuesday, May 12, noon-1 p.m., via Zoom

### **WHO:**

Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

### **REGISTRATION:**

To register, visit [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select "Healthy Boundaries."

To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).