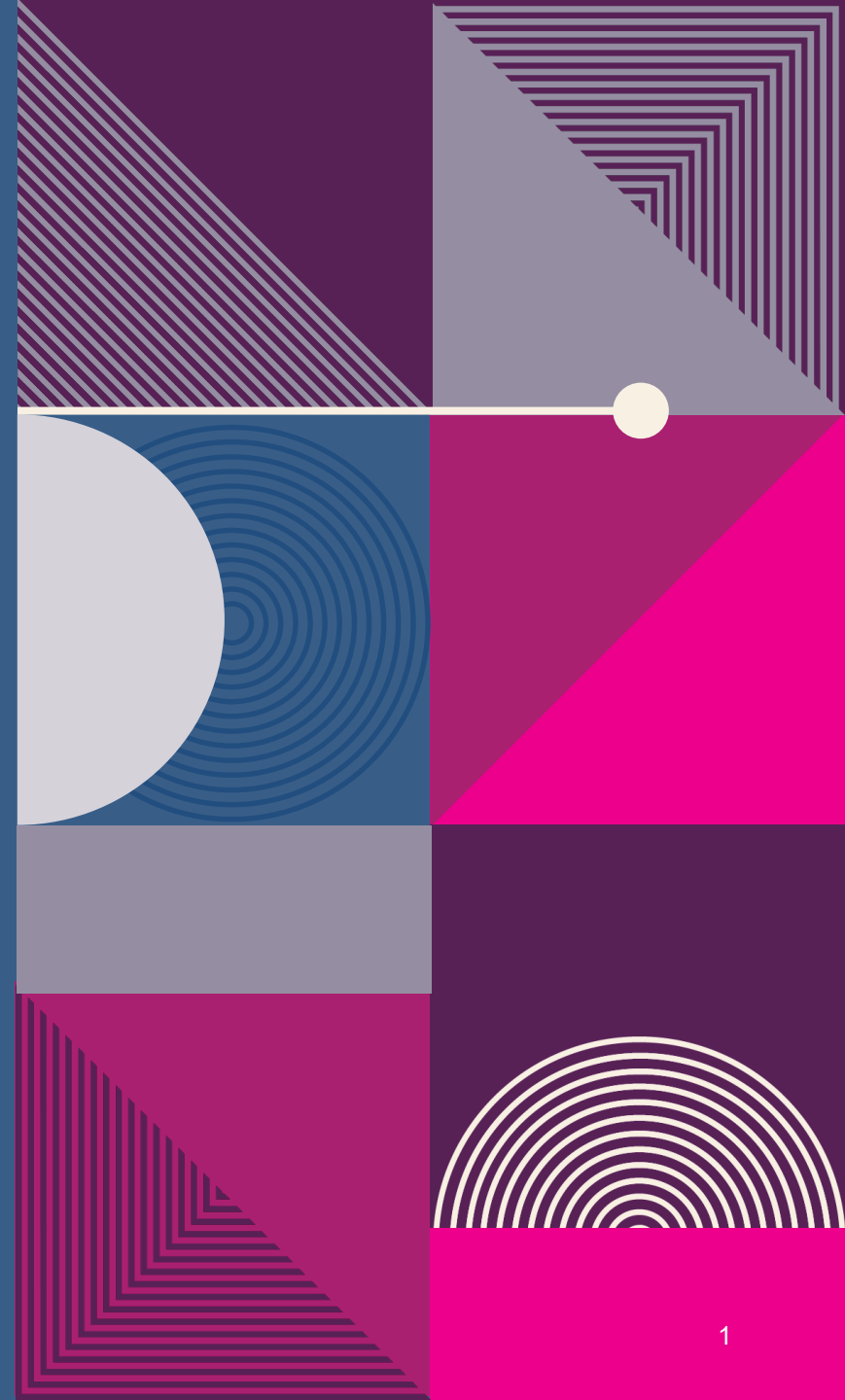


An Approach to Remaining Healthy (Mentally & Socially)

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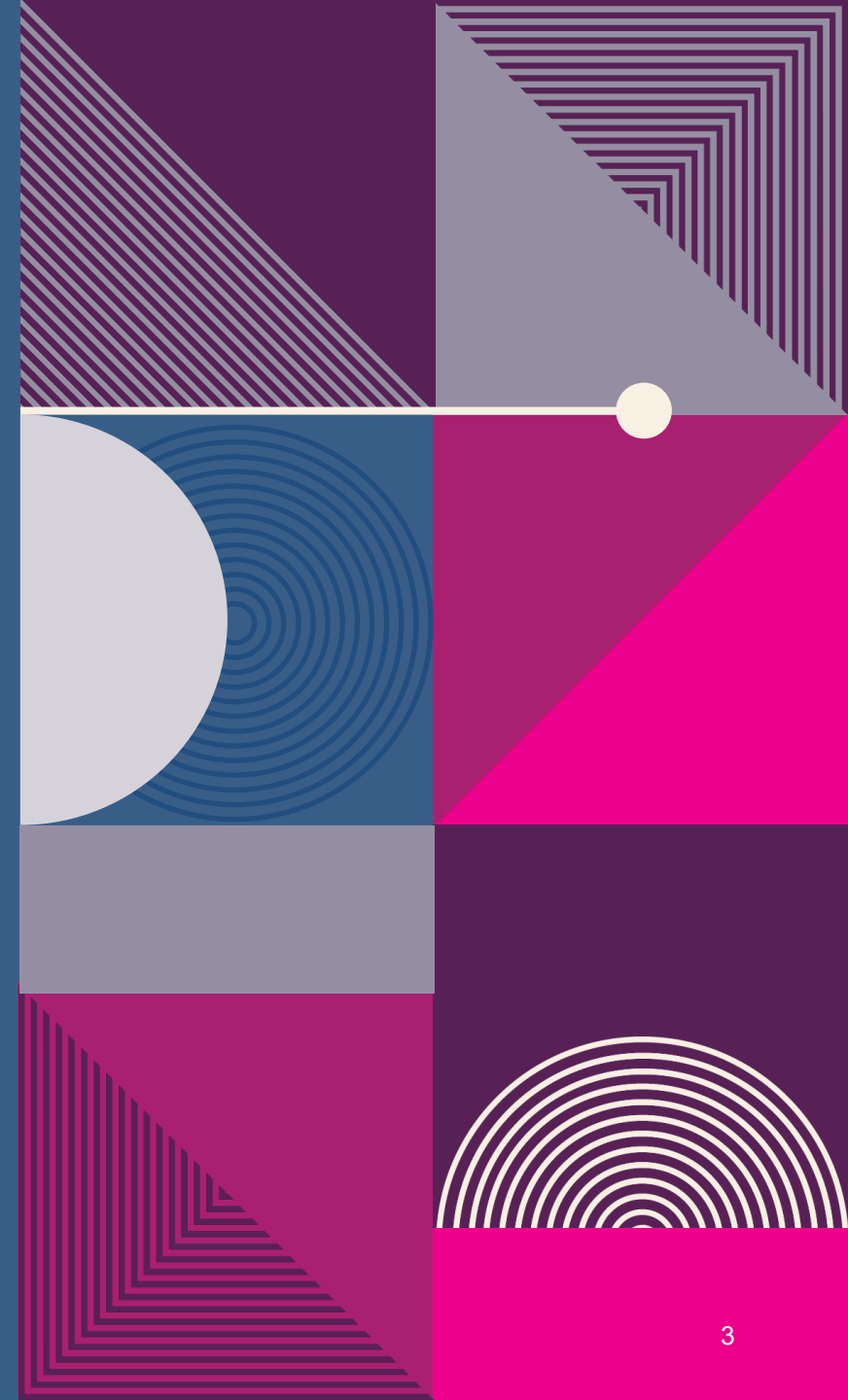
5 WAYS TO GET BETTER AT SAYING NO

1. Be intentional about what you communicate

One way to do that is by thanking people for thinking of you . Then follow up with a short explanation: “I wish I could, but I just don’t have the time right now.” that helps make it clear that your no isn’t a poor reflection of your own character, nor the other person; it is simply circumstantial.

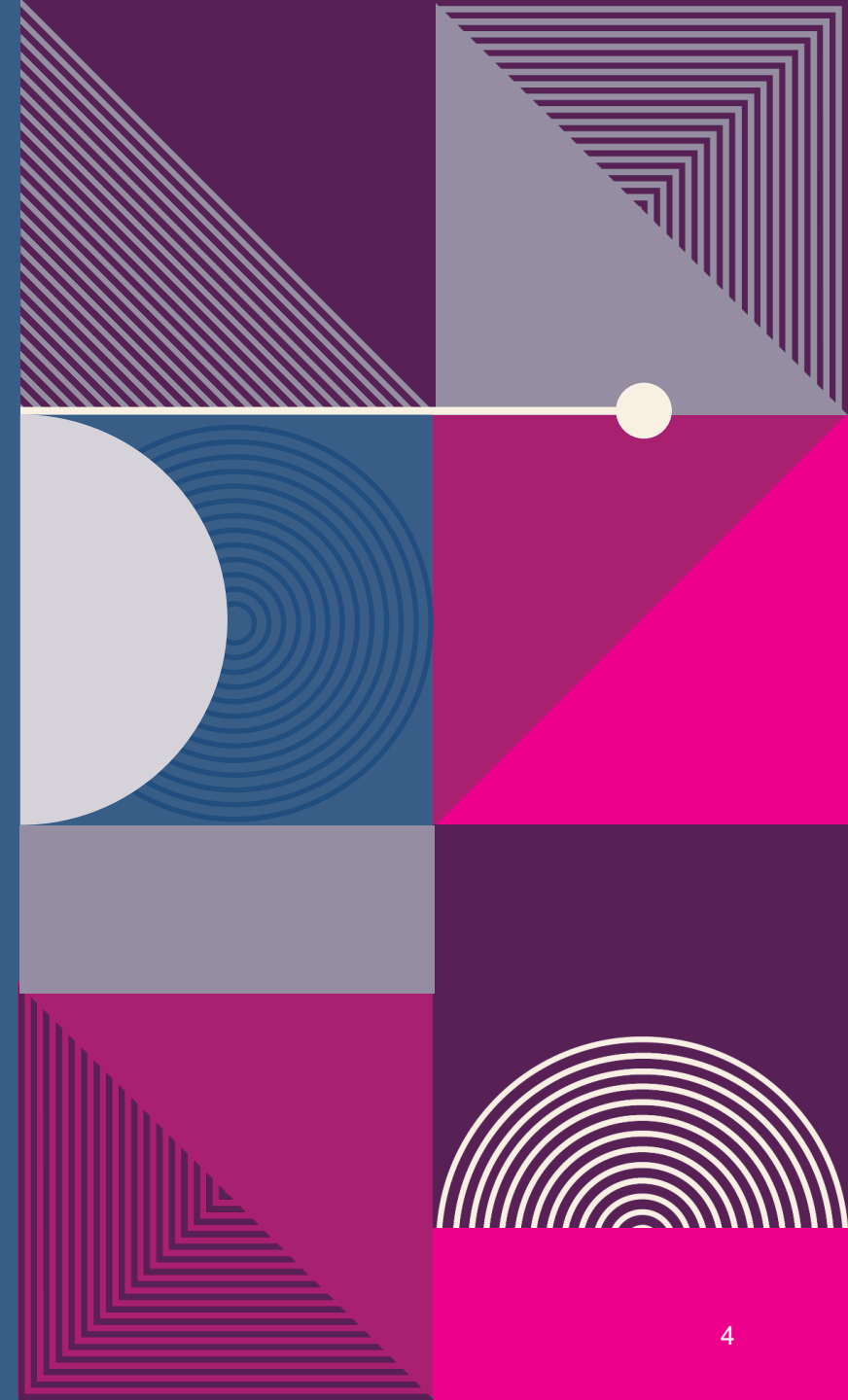
2. Buy time

If you tend to accidentally say yes whenever you're put on the spot, find ways to buy time. You might say, "Let me think about it and I'll get back with you." That way, you can spend time privately processing the request, making a mindful decision, and if necessary, declining in whatever format is palatable.



3. Be matter-of-fact

Delivery is everything when you're saying no. Avoid over-apologizing or otherwise acting as though you're doing something wrong. If we signal that we would like to help but can't that sets the tone for a more neutral interaction. It is suggested that you answer difficult questions in the same tone of voice as you use to order a sandwich.



4. Adopt the broken-record technique

If someone is applying undue pressure, utilize what is the broken-record technique. “It’s sticking to your answer – giving the same answer again and again.” You don’t have to be soulless about it; you can empathize and be polite. But it’s important not to let your no evolve into a ‘maybe’ or an ‘Ok, just this once.’

5. Carry a visual reminder of why your no matters

It is suggested that you carry an inspirational photo that serves as a reminder. “It could be your dog, a hobby that you love. Put it near your computer or phone, and when you really don’t want to do something – but feel obligated to say yes – it will give you strength. Pick it up and remember: “If I say yes to this, I’m basically saying no to something perhaps more important that you want or ought to do.”

