

The Don't Clock Out meeting led me to reflect on the [importance of maintaining healthy boundaries](#). Healthcare workers can become so focused on meeting the needs of patients, coworkers, and family members that they neglect their own wellbeing. I recognize that overextending myself can lead to fatigue and unhealthy decision-making. I am working on setting realistic limits, allowing adequate time for rest, and being honest when I need assistance. Maintaining boundaries is not selfish; it helps me remain focused, dependable, and capable of providing safe and ethical care.

Monday, Mar 9

