



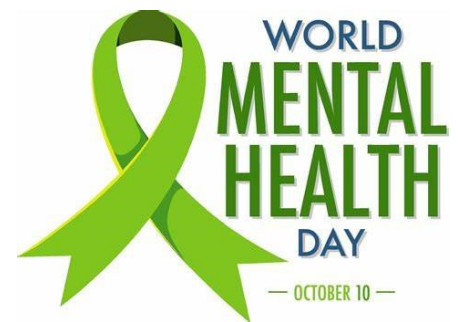
# World Mental Health Day

**“It is Time to Prioritize Mental Health in the Workplace”** is the theme for World Mental Health Day – October 10, 2024.

When thinking about the scope of mental health, ‘boundaries’ are not typically what comes to mind. However, setting boundaries is integral to our mental health and well-being, even in the workplace.

What are the benefits of establishing/maintaining healthy boundaries? As reported by Tracy Hutchinson, Ph.D., healthy boundaries can result in:

- the conservation of emotional energy
- more independence
- improved self-esteem
- better relationships with others



So how does this translate to the workplace? For starters, knowing the scope and limitations of your own role on a team/project is imperative. This knowledge enables you to collaborate with other teammates and departments with confidence and without absorbing responsibilities that are not yours. Exercising boundaries in the workplace may also include saying “no” when your plate is already full and advocating for your own needs, wants, and desires.

The World Health Organization advocates that “Everyone has a right to the highest attainable standard of mental health,” and where there is talk of “rights,” a discussion about boundaries is also pertinent. Everyone should feel empowered to establish and enforce boundaries in an effort to achieve a healthy work/life balance.

**If you are struggling with setting boundaries, please reach out to the [Aurora EAP](https://www.aurora.org/eap) by calling [800-236-3231](tel:800-236-3231) or [www.aurora.org/eap](https://www.aurora.org/eap).**