

MARCH 2023

# Healthy Boundaries

## For the good of your mental wellbeing

Setting boundaries is good for you and those around you. When you explain what you are okay with and are not okay with, people will understand your limits.

## LET US HELP

TOLL-FREE: 833-549-3277

WEBSITE: [www.cmgassociates.com](http://www.cmgassociates.com)

PASSWORD: Newton



**YOUR EMPLOYEE SUPPORT PROGRAM**

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**