



February 2025

Work Well.
Live Well.

Setting Healthy Boundaries

Setting healthy boundaries is essential to having strong relationships and an important aspect of self-care.

Strong relationships, whether with a coworker, family member, or partner require *healthy communication* and *respectful boundaries*. Failing to set healthy boundaries can result in increased stress, burnout, strained relationships, and a lack of time to focus on yourself.

Learn why setting boundaries is often hard to do and discover communication tips to help you set them with your EAP resources. Access resources at eap.lucethealth.com/EAPServices/AllOurServices.

What Are Boundaries And Why Do We Need Them?

Setting boundaries takes practice and consistency and may be hard to do at first. Discover the four-step formula for setting healthy boundaries with our "[Setting Boundaries in Relationships](#)" tip sheet resource or search it on our resource library at resources.lucet.health/lucet-eap-resources.

Communication: More Than Words

In our "[Communication Skills - Beyond Words!](#)" webinar, you'll learn 10 essential communication skills, the barriers to good communication, and how important acknowledging non-verbal communication cues are to successful communication.

Do You Know Your Communication Style?

Knowing your communication style and the strengths and weaknesses that come with it can help you identify opportunities for you to grow. Discover the four most common communication styles to understand more about yourself and others with our tip sheet "[The Four Most Common Communication Styles](#)" or search it on our resource library.

Get started with your EAP by joining this month's free webinars:

Are You An Overthinker?
Wednesday Feb. 19, 2025
[Morning - 12PM - 1PM EST](#)
[Afternoon - 3PM - 4PM EST](#)

Practicing Workplace Empathy
Wednesday Feb. 26, 2025
[Morning - 12PM - 1PM EST](#)
[Afternoon - 3PM - 4PM EST](#)

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544
Visit eap.lucethealth.com