Micro & Meaningful Steps

Saying 'No' With Kindness

Saying "no" to someone is often about saying "yes" to something else that's important to you.

It's about setting healthy boundaries, so you have time to rest and recharge when you need to. Learn how to decline a request while still being kind, appreciative, and respectful.

- Be clear and concise. Example: "I'm going to have to pass this time."

- Express gratitude for being asked. Example: "Thanks for thinking of me."

- Give a brief explanation and/or alternative solution. Example: "I can't help with your move, but I can put you in touch with some college kids who are looking for odd jobs."