



Well-Being Club Newsletter

February 2025

The Art of Saying "No"

"Saying no isn't rejection — it's self-respect."



Let's talk about that tiny two-letter word that feels impossible to say. Learning to say "NO" isn't about being difficult - it's one of the kindest things you can do for yourself and others.

Why Does "No" Feel So Awkward?

- Fear of letting people down
- Worry about being judged
- The "I should handle this" trap
- FOMO is real



The "Yes" Trap

Constantly saying yes when you mean no leads to:

- Chronic stress
- Hidden resentment
- Lost sense of self
- ✦ True kindness includes being kind to yourself. ✦

Is Burnout Knocking?

Quick check-in:

- Everything feels like a chore
- Emotionally running on empty
- Small tasks feel overwhelming
- Always tired

If you're nodding along, it's time to start saying "NO."



Building Your Boundary Game



Boundaries ≠ Walls

Think friendly fences, not fortress walls. Good boundaries help you:

- Keep mental space peaceful
- Manage what's on your plate
- Show up as your best self



The Hidden Cost of "Yes"



When you say yes to something, you're saying no to:

- Rest you need
- Personal growth time
- Focus on important projects
- Essential self-care



"But Isn't That Selfish?"



Saying no means:

- You recognize your limits
- You respect what you can handle
- You choose sustainability over burnout

Your Time, Your Choice

Every commitment is a choice. Make it intentionally, not from guilt.



About That Guilty Feeling...

Guilt doesn't mean you're doing wrong—it means you're learning to prioritize yourself. It will fade.

Rest: Not a Luxury, a Necessity

Rest isn't "earned" after productivity. It's essential fuel for focus, creativity, and balance. You need it to function.



Let's Practice This!



Quality Over Quantity
The magic happens when you're fully present. Saying no to some things lets you show up for what really matters.

Your 10-Minute Daily Practice

Step 1: Pause & Breathe (2 min)

Sit comfortably. Inhale for 4 seconds, exhale for 6 seconds. Repeat slowly.

Step 2: Brain Dump (3 min)

Write everything running in your mind- no filtering, no judging.

Step 3: Sort the Thoughts (3 min)

Divide into two columns:

Things I can control

Things I cannot control

Gently let go of the second list.

Step 4: One Small Action (2 min)

Choose one simple step from the first list you can take today.



Baby Steps: Your New Go-To Phrases

No elaborate excuses needed! Try:

"I can't take this on right now."

"I need some me-time today."

"Let me think about it and get back to you."

One Last Thing...

"Saying 'NO' isn't closing doors — it's choosing the right ones."
Every time you say "no" to overload, you're saying "yes" to your well-being.
That's worth celebrating! 🎉



NEED SUPPORT?
CONTACT OUR COUNSELLOR

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kiran.akasapu@nmims.edu

9440783887