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# I Can't Do It All: Setting Boundaries for Mental Wellbeing

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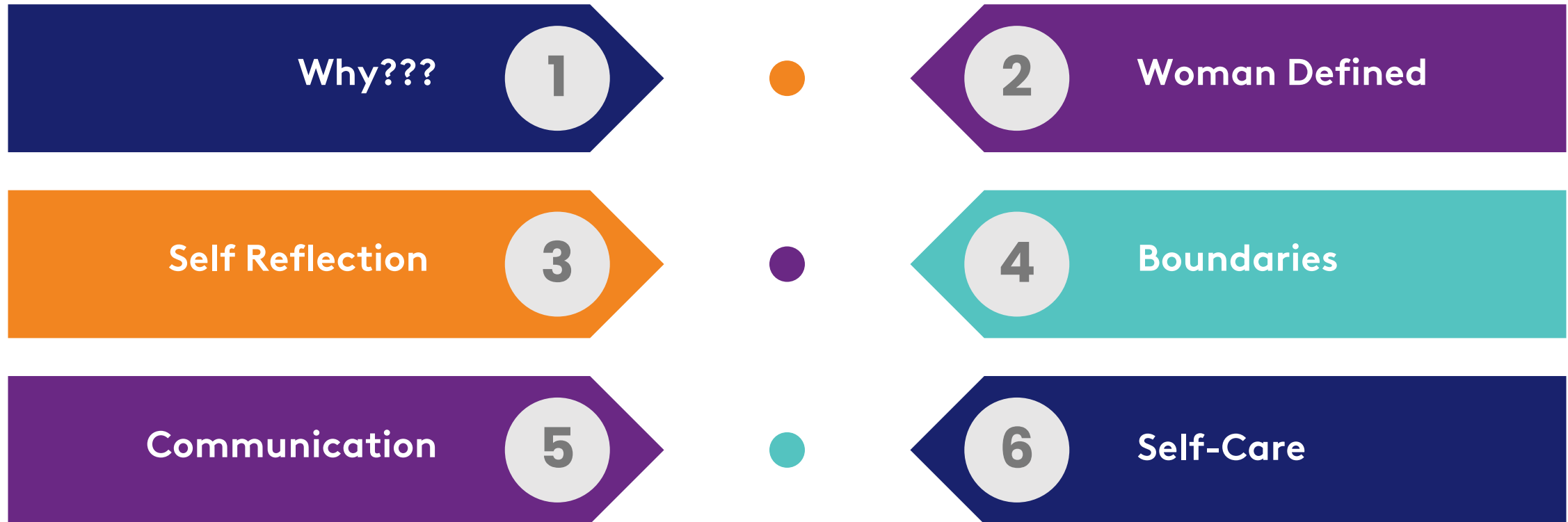
# Meet Dr. Murray

## Marsheena S. Murray

- Child Clinical Psychologist
- January 2024
- Trauma
- Self-Care

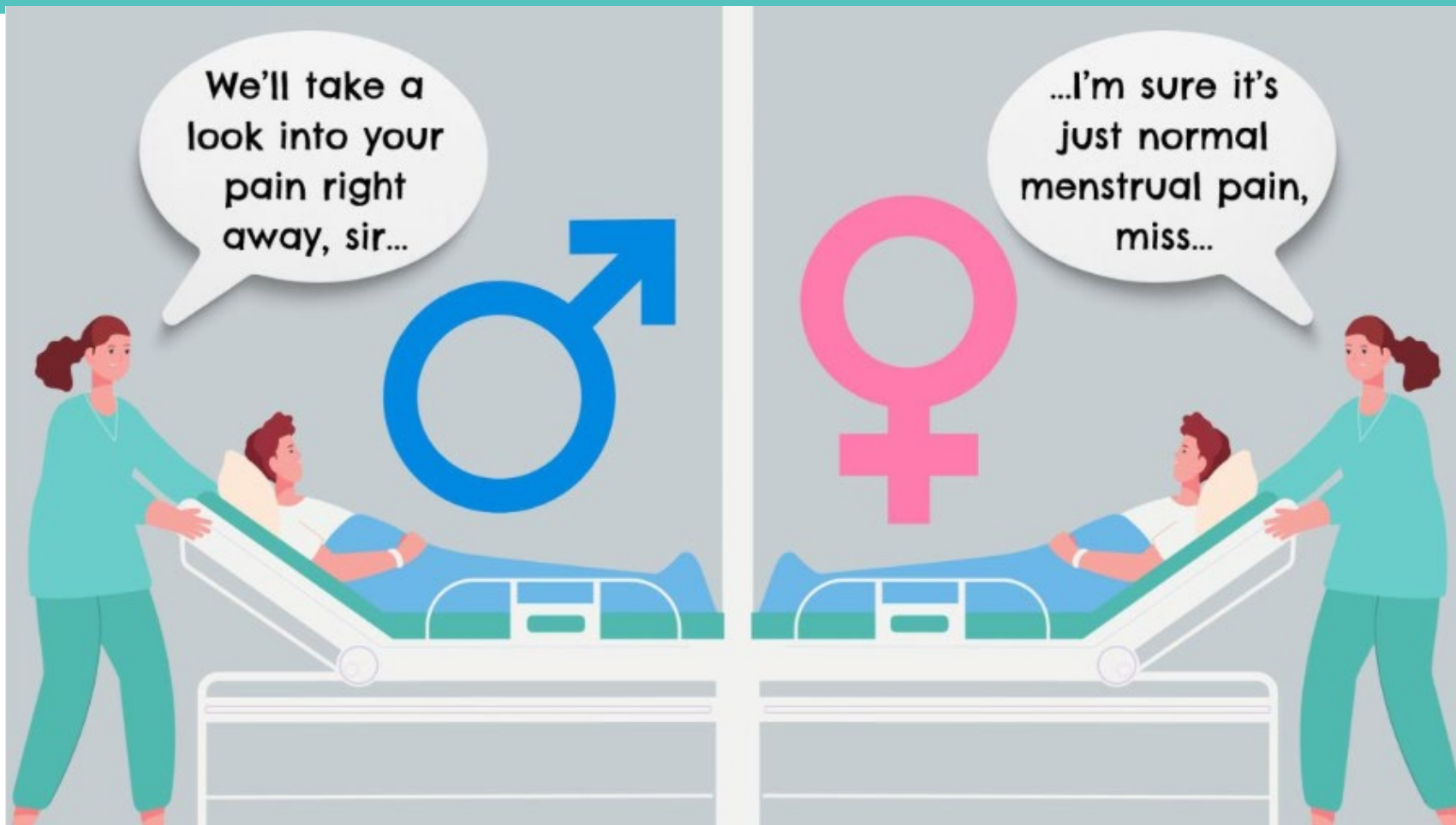


# Today's Agenda





# Disparities in Women's Health



# NOT-SO-FUN-FACTS

## ABOUT WOMEN'S HEALTH



There is 5x more research on erectile dysfunction, something that affects 19% of men, than on premenstrual syndrome, which affects 90% of women



Women were not required to be included in clinical research in the US until 1993



The sexes metabolize drugs differently. This leads to a huge number of side effects and overdoses for women, as women consume 80% of all pharmaceuticals



Women are diagnosed significantly later than men on average across over 700 diseases

# Top Risk Factors

## Risk Factors Include:

- Trauma
  - An emotional response to a terrible event like an accident, rape or natural disaster
- Stress
- Poor sleep



# Self-Reflection

**MENTAL HEALTH CHECK-IN**  
HOW ARE YOU TODAY?

|                 |                   |                |
|-----------------|-------------------|----------------|
| FEELING GREAT!  | PRETTY GOOD       | DOING OKAY     |
| COULD BE BETTER | REALLY STRUGGLING | I NEED SUPPORT |



# Thinking About **Boundaries**

An invisible line that defines what behaviors are acceptable for an individual

*What are my boundaries?*

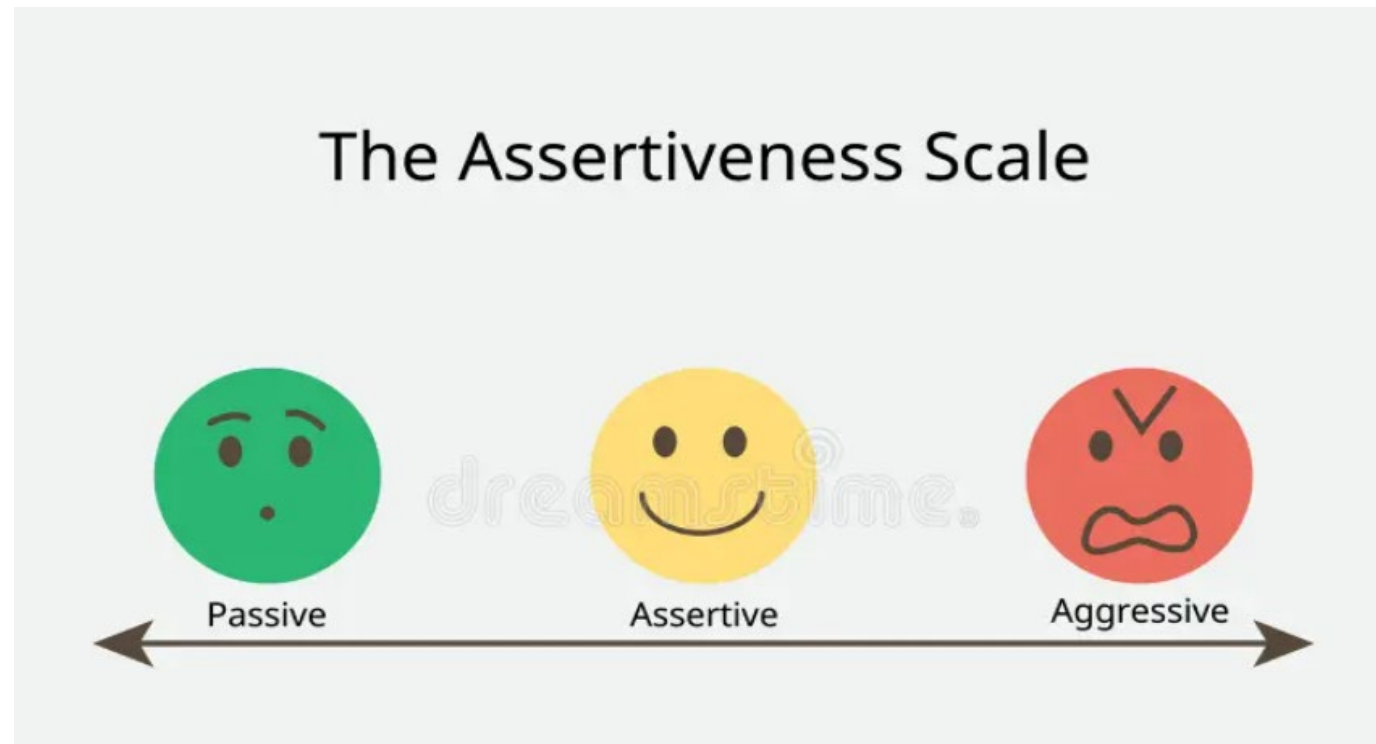
*Am I able to say no?*

**IF IT'S NOT A  
'FO [redacted] YES'  
IT'S A NO.**



# Communication

What is my communication style?



# Tips For Assertive Communication

01

**DESCRIBE** the situation.

*“When.....”*

02

**EXPRESS** your feelings

*“I feel.....”*

03

**ASSERT** what you want.

*“I’d like it if....”*

04

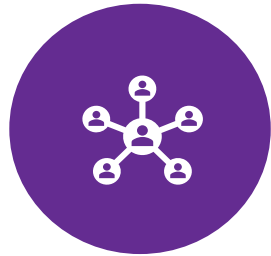
**REINFORCE** their benefits.

*“If you.....it will.....”*

# Self Care in 5 Steps



1: GET PLENTY OF  
GOOD SLEEP



2: FIND SOCIAL  
SUPPORT



3: FIND TIME FOR  
PEACE AND CALM  
EVERY DAY



4: WALK, RUN OR  
STRETCH TO STAY  
FLEXIBLE AND  
STRONG



5: FIND THINGS THAT  
BRING YOU JOY

# When To See **The Doctor**



# What Can Be Done About it? **Treatment Options**

Pharmacological  
treatment

Behavioral health  
treatment (it's not  
all about talking)

# How Can MetroHealth Help?

MetroHealth employs a variety of behavioral health clinicians.

If you're a MetroHealth patient, your PCP can provide a referral for psychiatry and behavioral health services.

216-778-3745 Child and Adolescent Psychiatry and Psychology

216-778-4428 Adult Department of Psychiatry



# Key Takeaways

Set those boundaries!

Become an **ASSERTIVE** communicator

Take Care of Yourself

MetroHealth **CAN HELP!**

# MetroHealth is here for you

## MetroHealth Child and Adolescent Behavioral Health

216-778-3745



[metrohealth.org/behavioral-health-services/child-and-adolescent-behavioral-health](https://metrohealth.org/behavioral-health-services/child-and-adolescent-behavioral-health)

**QUESTIONS?**





## ABOUT METROHEALTH

Founded in 1837, MetroHealth is leading the way to a healthier you and a healthier community through service, teaching, discovery and teamwork. Cuyahoga County's public, safety-net hospital system, MetroHealth meets people where they are, providing care through five hospitals, four emergency departments and more than 20 health centers. Each day, our nearly 9,000 employees focus on providing our community with equitable healthcare—through patient-focused research, access to care and support services—that seeks to eradicate health disparities rooted in systematic barriers. **For more information, visit [metrohealth.org](https://metrohealth.org).**

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