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## The Art of Saying No: Finding Balance in Your Commitments

In the world of academia, the pressure to say "yes" to every invitation to speak at conferences, forums, or attend external events can feel overwhelming. The inclination to agree to requests often stems from a desire to please others or a fear of missing out. However, consistently saying "yes" can lead to burnout, resentment, and a loss of personal priorities. Additionally, without the right arrangements in place, it can lead to embarrassment and humiliation.

When you agree to every request, you may find yourself juggling too many responsibilities. This can result in a decline in the quality of your work and personal life. Constantly stretching yourself thin can lead to physical and emotional exhaustion. Burnout not only affects your productivity but also your mental health.

Saying "no" is not an act of selfishness; rather, it is a necessary practice for maintaining balance between doing your job and managing external involvement. Saying "no" allows you to focus on what truly matters to you, enabling you to channel your efforts into meaningful commitments.

When you do choose to say "yes," it's crucial to ensure that the arrangement aligns with your values and priorities.

Mastering the balance between saying "yes" and "no" is an essential skill in today's demanding environment. Embrace the power of "no" when necessary, and ensure that every "yes" you give aligns with your values and needs.

**#SayingNo #WorkLifeBalance #MentalHealth  
#BurnoutPrevention #Academia #PersonalPriorities #SelfCare  
#HealthyBoundaries #CommitmentManagement**

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