

Three essential skills for setting work-life boundaries

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Ample research suggests that giving yourself time to recharge—separate from email, Slack, social media, etc.—[improves happiness, health, and productivity](#). But even if *you* know that, communicating such boundaries to demanding colleagues and clients can be difficult, especially when their work depends on yours.

Few people struggle with this balancing act more intensely than the FBI's kidnapping negotiators, whose real-time engagement, responsiveness, and expertise could make or break a life. Organizational psychologist and Wharton professor Adam Grant [talked to one such negotiator](#) on [WorkLife](#), his TED podcast about “how to make work not suck.”