Self-Care & Boundaries Guide

Practical frameworks for protecting yourself while growing your page.

This is not a luxury. It is infrastructure. Treat it like one.

SETTING FAN BOUNDARIES

- Decide what you will and will not do before you start, not in the moment.
- Write your boundaries down. Share them with your team if you have one.
- It is okay to say no to a request, even if the money is good. Boundaries are not negotiable.
- Block without guilt. You do not owe an explanation to anyone who makes you uncomfortable.
- Review your boundaries quarterly. They may shift as you grow, and that is fine.

SCREEN TIME & WORK HOURS

- Set a hard stop time each day. Work will always expand to fill the time you give it.
- Turn off notifications outside working hours. Your page will survive the night.
- Batch your content creation. One focused session beats five scattered ones.
- Take at least one full day off per week with no content, no messages, no metrics.
- Track your hours for a week. Most creators are shocked by how much time they actually spend.

CONTENT BOUNDARIES

- Know the difference between pushing your comfort zone and crossing your own line.
- Never create content you would not be comfortable with tomorrow. The internet is permanent.
- Your niche should work for you, not against you. If something feels wrong, it probably is.
- Have a clear list of what is off-limits. Share it with your agency or team.

MENTAL HEALTH

- Your income will fluctuate. Do not tie your self-worth to your subscriber count.
- Comparison is the fastest way to burn out. Other creators are not your competition.
- Talk to someone who understands the industry. Isolation makes everything harder.
- Celebrate milestones. It is easy to forget how far you have come when you are always looking ahead.
- If you feel overwhelmed, step back. A week off is better than burning out for a month.

EMERGENCY CONTACTS & SUPPORT

- Keep a trusted friend or family member who knows what you do and can be your reality check.
- Save the number of a solicitor who handles creator or contract disputes.
- Know where to report harassment, doxxing, or leaked content (DMCA, platform support, police).

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Your Notes.

YOUR NOTES