

Boundaries for Self-Care and Wellness: Establishing **Healthy Limits**

Boundaries are expectations and needs that help you feel safe and comfortable in your relationships.

Boundaries provide perimeters for how to function and define roles.



Signs That You Need Better Boundaries

- Everyone comes to you instead of going to the appropriate person.
- You try to solve every issue instead of delegating or offering resources.
- You struggle with holding people accountable.
- You can't stop thinking about work when you're at home.

Being skilled at listening and problem-solving doesn't mean you should always be the one responsible for those tasks.

Two Parts

Communication and Actions

People cannot accurately
assume your boundaries
based on your body
language or unspoken
expectations.

You must uphold what you communicate through your behavior.



REASONS

PEOPLE

DON'T

RESPECT

YOUR

BOUNDARIES

You haven't clearly stated a boundary.

You assume that people listen right away.

You don't issue consequences to ensure your boundaries are upheld.



Passive: Say nothing. This isn't really implementation.



Passive Aggressive: Having boundaries, but not making them clear to others. Assuming that people know your boundaries and getting frustrated when your boundary is violated.

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Aggressive: Rigid and inflexible standards of how to engage with others. Strict boundaries that apply to all people. Sharing of boundaries in an abrasive manner or doing so to offend.

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Manipulative: Issuing ultimatums to be punitive. Threatening to do things you won't follow through on.



Assertive: Clear and concise expectations.

"CLEAR IS KIND" Brene Brown

FIVE COMMON ISSUES

You fear being mean/rude.

You're a people-pleaser.

You have no clue where to start.

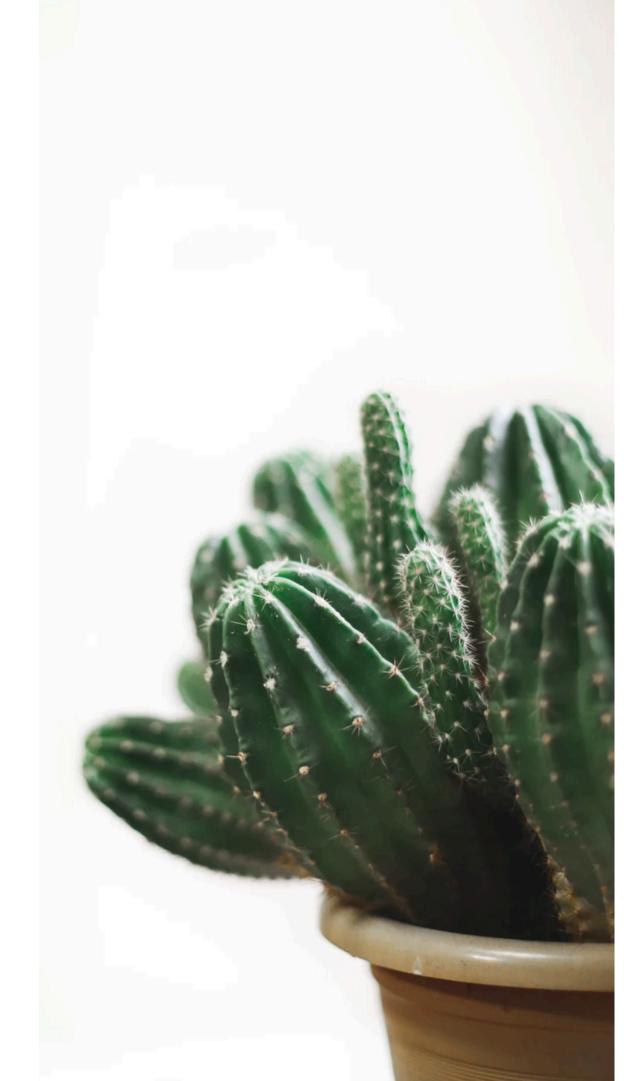
FIVE COMMON ISSUES

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- You're anxious about future interactions after a boundary has
- been set.
- You feel powerless and unsure that boundaries will help.

You are a professional social worker; you are not a: family social worker friend social worker neighborhood social worker etc.

ESTABLISHING HEALTH SELF CARE AND WELLNESS: **BOUNDARIES FOR** LIMITS



MANAGE THE GUILT AND DISCOMFORT Discomfort is a part of the process of establishing a boundary.



THE CAUSE OF GUILT

 Actually doing something wrong
Belief that you are doing

something wrong

Make a list of 7 ways to practice self-care when you

are guilt-ridden after setting a boundary.

Reflection:

What gets in the way of you implementing boundaries?



When you don't establish boundaries, you are granting people permission to create them for you.

Before we teach others to respect our boundaries, we must learn to honor them ourselves.

YOUR

STICKING TO BOUNDARIES



Honoring Your Boundaries

Stop Apologizing
Stop Self-Sabotaging
Be Consistent
Repeat Yourself

FOSTERING AND STRENGTHENING WORKPLACE CULTURE

Remember:

- It's healthy for you to have boundaries.
- Other people have boundaries that you respect.
- Setting boundaries is a sign of a healthy relationship.



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Thank you!

For more information on my work, scan the QR code.

