



# **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.



BOUNDARIES FOR SELF-  
CARE AND WELLNESS:  
ESTABLISHING HEALTHY  
LIMITS

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.





# 5 Ways People Communicate Boundaries

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

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# 5 Ways People Communicate Boundaries

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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# 5 Ways People Communicate Boundaries

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.



BOUNDARIES FOR SELF-  
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# 5 Ways People Communicate Boundaries

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

BOUNDARIES FOR SELF-CARE AND WELLNESS:  
ESTABLISHING HEALTHY LIMITS





# 5 Ways People Communicate Boundaries

Assertive: Clear and concise expectations.

**“CLEAR IS KIND” Brene Brown**

BOUNDARIES FOR SELF-  
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# **FIVE COMMON ISSUES**

- ▶ **You fear being mean/rude.**
- ▶ **You're a people-pleaser.**
- ▶ **You have no clue where to start.**

BOUNDARIES FOR SELF-  
CARE AND WELLNESS:  
ESTABLISHING HEALTHY  
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# **FIVE COMMON ISSUES**

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

**BOUNDARIES FOR SELF-  
CARE AND WELLNESS:  
ESTABLISHING HEALTHY  
LIMITS**

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



BOUNDARIES FOR SELF-  
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# MANAGE THE GUILT AND DISCOMFORT

Discomfort is a part of the process of establishing a boundary.



# THE CAUSE OF GUILT

1. Actually doing something wrong
2. Belief that you are doing something wrong

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# Reflection:

What gets in the way of you implementing boundaries?

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CARE AND WELLNESS:  
ESTABLISHING HEALTHY  
LIMITS



# STICKING TO YOUR BOUNDARIES

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

FOSTERING AND  
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# Honoring Your Boundaries

1. Stop Apologizing
2. Stop Self-Sabotaging
3. Be Consistent
4. Repeat Yourself





# 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.

