Wellness & Boundaries

"Daring to set boundaries is about the courage to love ourselves, even when risking the disappointment of others"- Brene Brown

Points of discussion-
What are boundaries and why do we need them?
Benefits of Boundaries
Types of Boundaries (Physical and emotional boundaries)
Ways of violating personal boundaries
The journey to creating healthy boundaries
Practice setting boundaries- the practical guide

Useful Links:
Boundaries with Brene Brown- https://www.youtube.com/watch?v=5U3VcgUzqiI
Boundaries: Why they're so essential to your health & well-being- https://www.self-haven.com/mental-wellbeing/2017/8/26/boundaries-why-theyre-so-essential-to-your-health-and-well-being

Boundaries are a means to communicating to people in your emotional and physical space what behaviour you do and do not accept. An imaginary line so to speak that you draw and stay true to in order to build on and prioritize your emotional and mental well-being. If your well-being is not taken care of first, then you cannot care for others to the best of your ability and serve with a healthy mind and heart. We need boundaries as a communicator to those in our spaces and a tool to which we can develop healthier and more respectful relationships.

Separating work and recreational spaces, this allows you to think with a work mindset in the working space and a calm and relaxed mindset in the recreational space. These boundaries are important for your well-being in order to establish the types of behaviour that are acceptable in each space. Setting boundaries requires us to; define who we are (sense of self), establish how we will allow others to treat us, as well as the ability to identify boundary violators in your space.

Boundaries are essentially about establishing the difference between:
Knowing what is ok (compassion) vs. what is not ok (resentment)

Important notes around boundaries

- Generosity around boundaries can be in the form of giving of your time, personal space, mental and emotional well-being, our actions or words.
- Practice boundaries in all aspects of your life (personal and professional spaces).
- Assert boundaries with a leveled sense of confidence in order for those around you to have a clear understanding of what exactly you do and do not accept in your space.
- Integrity and healthy boundaries go hand in hand.
- Mental health is more sustainable with boundaries
- Healthy Relationships need boundaries.
- Separate yourself to some degree from that which is toxic to your emotional or physical space.
- Boundaries are subjective and individual and therefore there is a need for respect for other peoples boundaries. We have respect for boundaries when we can be;
    - Vulnerable, empathetic and compassionate

Benefits of Boundaries:
- Better self esteem
- conserving emotional energy
- more independence and agency

Types of Boundaries (Healthy & Unhealthy)

- ***Healthy Boundaries***
    - Imaginary lines to protect yourself- mentally, physically and emotionally
    - Healthy restrictions and limitations.
    - keep the actions of others from imposing on you.
    - Teach people how to treat you.
    - Taking control and responsibility of your own life and actions.

- ◦ Establish who you are, ensuring others understand you better too.
- ◦ Involves communication (of your needs) and consistency.

- • ***Unhealthy Boundaries***
  - ◦ Simply being submissive and compliant.
  - ◦ Fear of loss or abandonment (by those who you set boundaries with)
  - ◦ Fear of others anger (in response to your boundary setting).
  - ◦ Fear of loneliness.
  - ◦ Feeling of guilt.
  - ◦ Payback
  - ◦ The need to seek approval from others for your actions.

Ways of Violating Personal Boundaries

- • Spending time with people to the point of emotional exhaustion.
- • Identifying when and how people abuse and manipulate your boundaries to their own benefit.
- • Not speaking up about something that is important to you to allow for the maintaining of your boundaries.
- • Over-giving without asking to have your needs reciprocated back.
- • Not making your opinions and emotions a priority.
- • Not letting people know when we hit out emotional or physical limits.

The journey to creating healthy boundaries

1. Understand who you are and what you require.
   - ◦ Self awareness
   - ◦ This is the agent for changed behaviour.
   - ◦ Know your limits and listen to your own feelings.
   - ◦ Look at the boundaries you have set and where the possible downfalls lie where violators persist, strengthen these.

2. Makes your needs known by establishing clear boundary lines.
   - • Speak up and be direct but still respectful.

- Source necessary support to build on self
- Monitor your behaviour and reactions to your and others behaviour as well as your environment.
- Build confidence by gradually implementing boundaries.

3. Enforce boundaries and establish consequence (for boundary violators) and act on this.
   - Follow through with boundary enforcement
   - Don't commit to something you're not ready to do
   - Don't weaken/relax your boundaries as you'll then invite in unwanted/toxic behaviour.

Practice setting boundaries- the practical guide

- Give yourself permission to say no. It is ok to put your needs first, value self-care.
- Tune into your emotional state. Understanding which triggers impact you, your behaviour and how you feel about yourself.
- Watch out for self-sacrifice. Helpful to note when you're bending backwards for someone, doing things out of obligation or saying yes when you want to say no.
- Ask for support. Seek to understand the root of your people-pleasing tendencies.

A step by step how to:

1. Name your limits (physically write them down)
2. Tune into your feelings and emotions
3. Practice self-awareness
4. Be direct
5. Be assertive
6. Enforce consequences
7. Prioritise self-care
8. Seek support
9. Start small (start with small realistic boundaries to build on your confidence and ability to set bigger boundaries)
10. Respect the boundaries of others
11. Take responsibility for your own choices and actions