

# PRIORITIZE RELATIONSHIPS



## Creating Healthy Boundaries

Relationships are important. The benefits we gain from connections with family, friends, co-workers, and our community are immense. Setting healthy boundaries within these relationships is equally important. Without them, we can begin to experience stress, anger, resentment, and burnout. Healthy boundaries are an essential component of self-care and ultimately our mental health and well-being. Here are a few tips to keep in mind.

### 1

#### **Listen to Your Emotions.**

Pay attention to your feelings and consider the reasons for them. They can help identify the need for certain boundaries. Emotions such as discomfort, overwhelm, or resentment can be signs that your boundaries have been overstepped.

### 2

#### **Communicate Clearly.**

Be honest about what you need, what you're comfortable with, and what you're not ok with. At the same time, not every "no" requires a detailed explanation. You don't need to overexplain your reasons for needing space or not accepting an invitation.

### 3

#### **Be Assertive.**

Be direct and don't apologize for your boundaries. Expect some resistance, but remain firm. Remember why you've set certain boundaries and what the consequences of not sticking to them will bring.

### 4

#### **Respect Yourself.**

When you put the needs of others before your own, you are not respecting yourself. Define your priorities and get clear about what you need, what you want, and what would be nice to have. This insight can help establish effective boundaries.

### 5

#### **Have Respect for Others.**

Set boundaries for your own well-being and not to control others. Ensure that your actions are not self-serving at the expense of others. Consider what is fair for everyone involved given the circumstances.

### 6

#### **Accept Your Boundaries.**

Know that boundaries are healthy for your relationships. They help maintain a balance between your needs and those of other people in your life. They can also help define expectations and minimize conflict because they are based on open communication.



Sources [positivepsychology.com/great-self-care-setting-healthy-boundaries](https://positivepsychology.com/great-self-care-setting-healthy-boundaries) | [canfitpro](https://canfitpro.com) | Images from [Freekpik.com](https://www.freekpik.com)