

# HealthMatters

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**Healthy boundaries allow you to communicate your wants and needs, while respecting the wants and needs of others.**

Understanding how to set and maintain healthy boundaries are ways to take care of yourself.

## Establishing healthy boundaries

### What are boundaries?

Boundaries are a practice of communicating and asserting personal values to protect personal or mental space.

### Types of boundaries

The types of boundaries and what you consider crossing their lines varies based on your personal beliefs, values, cultural customs, and family traditions. They may include:

- **Physical:** Your body and personal space.
- **Intellectual/emotional:** Your personal ideas, beliefs, feelings and thoughts.
- **Material/financial:** Financial resources and belongings.
- **Time:** How you spend and use your time.
- **Sexual:** Your sexual self and your intimate personal space.

### Boundary lines

Boundaries can range from being open to rigid, with healthy boundaries often falling somewhere in between.

**Rigid boundaries** are closed and inflexible. If you have rigid boundaries, you might:

- keep others at a distance
- have few close relationships
- avoid close relationships

**Open boundaries** are not as clear and might even be fuzzy or loose. If you have loose or open boundaries, you might:

- get too involved with others' problems
- seek to please others for fear of rejection or find it difficult to say "no" to others' requests

**Clear boundaries** are clearly stated, flexible and adaptable. If you have clear boundaries, you might:

- understand and know how to communicate your personal needs and wants
- accept when others say "no"

### Benefits of setting boundaries

- Helps prevent burnout
- Emphasizes what you "can do" to reduce or eliminate resentment
- May provide more internal (emotional) and external (social) relationship balance

Contact your Everside Health provider today to learn more.

# Setting and maintaining healthy boundaries for healthy relationships

When you understand how to set and maintain healthy boundaries, you can avoid the feelings of resentment, disappointment, and anger that build up when limits have been pushed. This includes:

## Self-reflection

Spend time to explore what's happening. Why is the situation making you uncomfortable?

## Setting goals

What is the goal in setting a boundary or needing to set a boundary? Is it reasonable?

## Starting early

By setting boundaries and expectations from the very beginning, everyone knows where they stand.

## Practicing

Write out what you want to say beforehand, practice in the mirror or practice with a friend.

## Using "I" statements

I feel \_\_\_\_\_ when \_\_\_\_\_ is said to me.

When \_\_\_\_\_ happens, I feel \_\_\_\_\_.

### When you feel disrespected, try saying:

"I would like to talk about this, but now is not the right time."

### When you need space, try saying:

"I need more time to think, but I will get back to you."

### When you want to say "no," try saying:

"I would if I could, but I'm unable to help with that right now."

## Tips for setting healthy boundaries

### Be respectful

When you identify the need to set a boundary, do it clearly, calmly, firmly, respectfully, and in as few words as possible.

### Be responsible for you

Do not justify, get angry, or apologize for the boundary you are setting. You are not responsible for the other person's reaction to the boundary set.

### Be realistic

Remember, your behavior must match the boundaries you are setting. You cannot successfully establish a clear boundary if you send mixed messages by apologizing.

### Be confident

At first, you will probably feel selfish, guilty, or embarrassed when you set a boundary. Do it anyway and remind yourself you have a right to self-care.

### Be brave

Eliminate toxic people from your life— those who want to manipulate, abuse, and control you.

### Be consistent

Setting boundaries takes practice and determination. Don't let anxiety, fear or guilt prevent you from taking care of yourself.

### Want to learn more?

Contact your provider to discuss ways to establish healthy boundaries today!

#### Sources:

[What is Boundary Setting? | verywellhealth](#), accessed 10/4/2022

[How to Set Healthy Boundaries: 10 Examples | Positive Psychology](#), accessed 10/4/2022

[10 Ways to Build and Preserve Better Boundaries | Psych Central](#), accessed 10/4/2022

[Understanding Your Communication Style | Princeton University](#), accessed 10/4/2022