

Boundaries for Resilience

Protect Your Energy | Set Limits | Engage Without Burnout

Why Boundaries Matter

Political attacks on LGBTQ+ rights can feel like a constant battle. While staying informed and engaged is important, your mental health comes first. This guide will help you set effective boundaries around political engagement, social media, and difficult conversations—so you can advocate for yourself *without* burning out.

How to Use This Guide

- Step 1: Identify where political news, social media, or conversations are draining you.
- Step 2: Choose boundaries that align with your needs and values.
- Step 3: Practice communicating those boundaries with confidence.
- Step 4: Adjust as needed to maintain balance and resilience.

Setting Boundaries for Political Engagement

- ♦ Limit your focus – You don't have to fight every battle. Prioritize the issues that directly affect you and your community.
- ♦ Choose your sources wisely – Follow reputable, affirming news sources instead of doomscrolling.
- ♦ Set time limits – Decide how often and for how long you'll engage with political news each day or week.

Example: *"I'll check the news once in the morning and once in the evening for 15 minutes each."*



Setting Boundaries for Social Media



Mute or unfollow harmful accounts – Protect your space from negativity and misinformation.



Set screen time limits – Use apps like [Freedom](#) to control excessive social media use.



Engage intentionally – Instead of reacting to every post, choose when and where to focus your energy.

Example: *“I will not engage in comment-section debates with strangers.”*



Setting Boundaries for Tough Conversations



Know when to engage – Not every conversation deserves your energy.



Use pre-planned scripts – Have responses ready for common situations.



Give yourself permission to exit – It's okay to walk away from an argument.

Example Script: *“I don't debate human rights. If you're open to learning, I can share resources.”*



Final Reminder

Your time, energy, and mental health are valuable. Setting boundaries doesn't mean you don't care—it means you want to stay in the fight *long-term*.