Boundaries

Boundaries are the limits we set to protect our time, energy, and emotional wellbeing. Healthy boundaries help us feel safe, respected, and in control of our lives. Without them, we may experience stress, resentment, or burnout. There are different types of boundaries, which are explored below.

Physical – Personal space, privacy, and physical touch.
 Example: *"I don't feel comfortable hugging people I don't know well."*

Emotional – Protecting your feelings and emotional energy.
 Example: *"I need to take a break from this conversation."*

Time – How you choose to spend your time.
 Example: *"I can't stay late tonight; I already have plans."*

Material – Setting limits on your belongings and money.
 Example: *"I'm not able to lend you money."*

Mental – Respecting your thoughts, values, and opinions.
 Example: *"I see this differently, and that's okay."*

Reflection Exercise
Step 1: Identify Your Needs
What situations make you feel drained, resentful, or uncomfortable?
Which areas of your life could benefit from clearer boundaries?

Step 2: Create Your Boundary Statement
Use this formula: "I feel ___ when ___, so I need ___."
Example: *"I feel overwhelmed when people expect me to answer emails immediately, so I need to only respond during work hours."*

Try to use these boundary statements in your day to day life, noting how you feel afterwards.