



Feel-Good Friday

What are boundaries and why are they important? Boundaries are limits that create an environment that feels safe physically and emotionally. Setting boundaries can help you take better care of yourself and set expectations for healthier relationships. Decisions about boundaries are based on personal comfort levels, values, culture, and social norms. When you communicate your boundaries to others, be clear, direct, brief, and respectful with your words, your tone of voice, and your body language. Remember, you are responsible for setting and following your boundary, but you are **not** responsible for the other person's reaction because that is based on who they are and what experiences they have had.

Physical Boundaries: Proximity of sitting and standing near people you know and strangers. Permissible and prohibited physical contact that varies based on the closeness of a relationship, including boundaries on intimate contact in romantic relationships.

Communication Boundaries: Limits on subject matter, tone of voice, body language, and words spoken in conversation.

Time Boundaries: Saying yes or no to particular social gatherings and volunteer work.

Responsibility Boundaries: Accepting or refusing additional responsibilities as favors to others, such as taking care of someone else's child, being part of a carpool, watering someone's plants, or taking care of someone's pet.

Financial Boundaries: Choosing or refusing to loan money to friends, family members, or co-workers. Defining a payment plan and following through on consequences for late payments. Decisions about gifting and donating money.

Emotional Boundaries: Setting limits on relationships where disrespect or emotional manipulation is happening, such as situations where someone is nice and attentive only when wanting something in return or someone is being kind when in-person with you but unkind behind your back or on social media.

Work Boundaries: There may be times when working outside of scheduled hours is expected, necessary, and appropriate for a particular job or set of circumstances; however, there are other times when limits must be set with co-workers and bosses about confining work and contact about work issues to scheduled work hours. Work responsibilities may need to be transferred to others in preparation for vacation time.

You Can Set Boundaries

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org