THE village
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Keeping in touch

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SETTING boundaries

The new year is often synonymous with new goals. Working toward a promotion, saving for a big trip, or eating healthier are all great things to say yes to in the new year. But what if, instead of saying yes in the new year, you started saying no? No to family, friends, events, and at work. To a point, of course.

These limits are healthy boundaries that we set up with others. Limits protect us and the people around us, and they help others better understand us and respond to our needs. Creating boundaries can help improve our mental and physical health. Relationships of all kinds should have limits.

TIPS FOR HEALTHY BOUNDARIES

Before creating boundaries, determine the purpose of them. Why are you creating these boundaries? What do you want them to help you do (or not do)? Use that information to set guidelines for yourself and others.

Ask yourself questions. What behavior or situation are you trying to stop or control better? What are some healthy practices that you would like more of? What will be unacceptable to you in different situations?

It's okay if you need a change. If your boundaries aren't working for you, you can change them. Just be sure you communicate the changes you want to see with the people your boundaries affect.

Think about your home life and work life. Set different boundaries based on your different life situations.

Don't take ownership of something that doesn't belong to you. Boundaries help us maintain accountability and keep us from getting burned out.

Communicate your boundaries. Setting boundaries with others works best if we clearly communicate the limit and how we would like the other person to act.

Be consistent. Other people will not respect your boundaries if they are flexible. Create clear and concise boundaries for you and others to follow, and don't stray from those guidelines.

Have boundaries with yourself, too. Boundaries are not only helpful in relationships with others; they are important with oneself. These are called intra-personal boundaries. These limits help us change how we talk to ourselves, which aids in coping with depression, anxiety, shame, stress, and self-image/self-esteem, among other things. Creating boundaries is a basic and essential way to give yourself compassion and kindness.

Remember that you deserve healthy and happy relationships. You deserve a good relationship with healthy boundaries, whether at work or home, with coworkers or friends. Reminding yourself of your worth with positive self-talk can help you build your confidence, making it easier to set and reinforce boundaries with others.

Saying no and setting boundaries around your time, your emotions, your things, your relationships, your health, and your opinions can allow you to devote more time and effort to yourself for your mental health. Doing this will result in a happier you, which is bound to help any relationship. Here's to saying "no" more in 2023.