



Healthy Boundaries

Friendly Reminders

While waiting for others to join us...

- ✓ Please have microphone on mute to avoid background noise
- ✓ Feel free to ask questions and engage
- ✓ Enjoy!

Healthy Boundaries

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About Me



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What are healthy boundaries?

Why they are so important

How to create and maintain them

Your personal action plan



Healthy Boundaries

What are healthy boundaries?

An essential life skill to maintain good health

Define ground rules/limits for what is appropriate and acceptable to you in varying situations

An invisible barrier that keeps you safe and well

Essential for healthy relationships

They create a life of balance where you can feel and be at your best by reclaiming your time and energy



Healthy Boundaries

Types of Boundaries

Porous (open door)	Healthy (I choose when to open and close the door)	Rigid (closed door)
Always says yes	Able to say no and accepts when others say no	Avoidant
Overly involved in others' work/business	Asks for support when needed	Unlikely to ask for help
Fears rejection/judgement if don't go along with others	Sticks to own values	My way or the highway attitude
Overshares information	Shares appropriately	Doesn't engage/share/connect easily
Accepts disrespect	Communicates needs and wants clearly	Isolates self/detaches/alooof

Mental

Free to have own thoughts, opinions, values

I respect your perspective even if we don't agree that's ok.

Emotional

Availability to others.

I'd really love to support you however I don't have the emotional capacity right now.

Physical

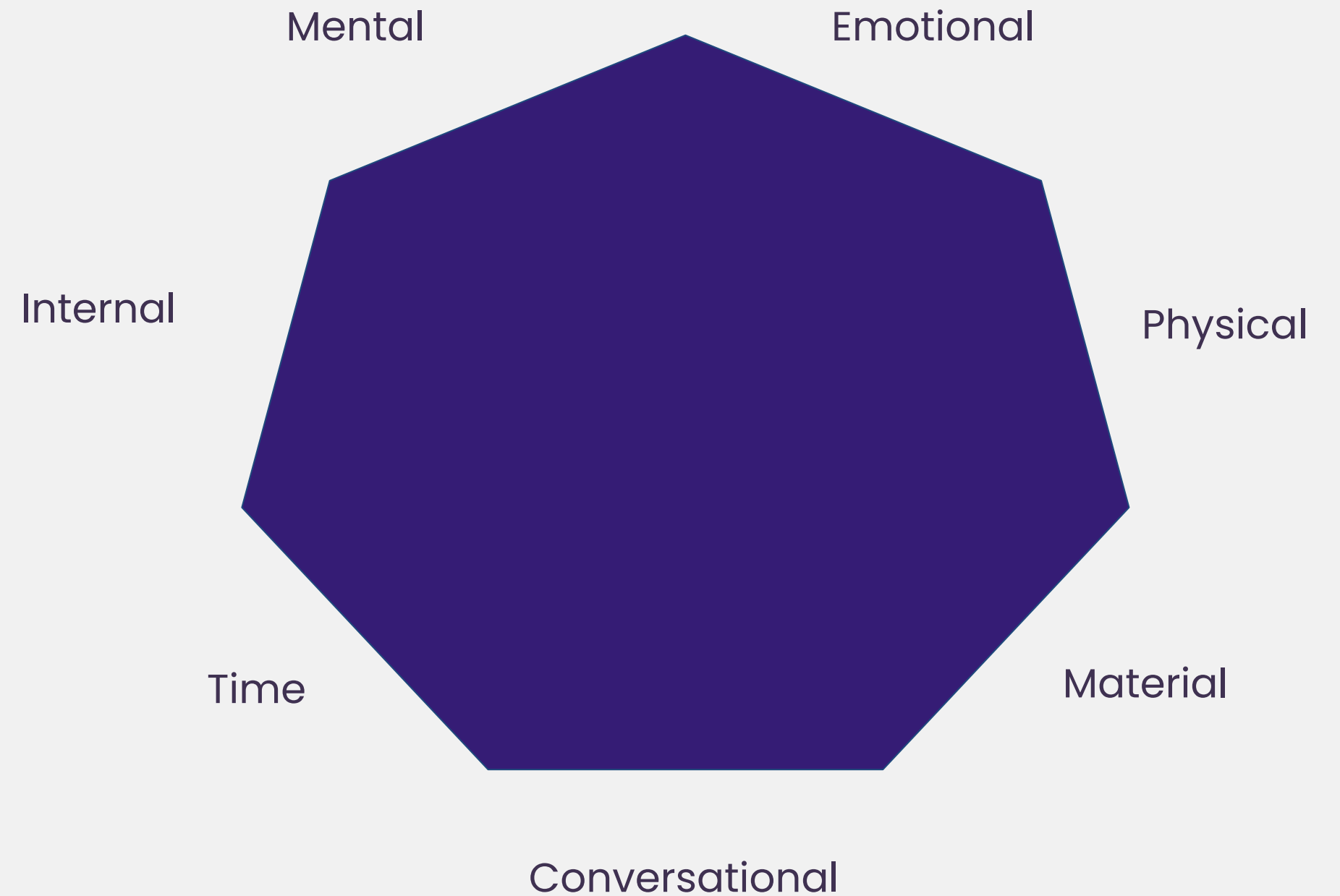
Personal space/Your body. I prefer to shake hands than hug thank you.

I'll rather sit over here thanks as I like to have more space.

Material

Giving/Lending to others

I'm not in a position to give that to you at the moment.



Conversational

Topics you are comfortable to discuss.

I would rather not be part of this conversation

Please don't speak like that when I am here

Time

Limited resource

I can spend 30mins on this. I will look at my schedule and get back to you.

I am at full capacity right now thanks for asking me.

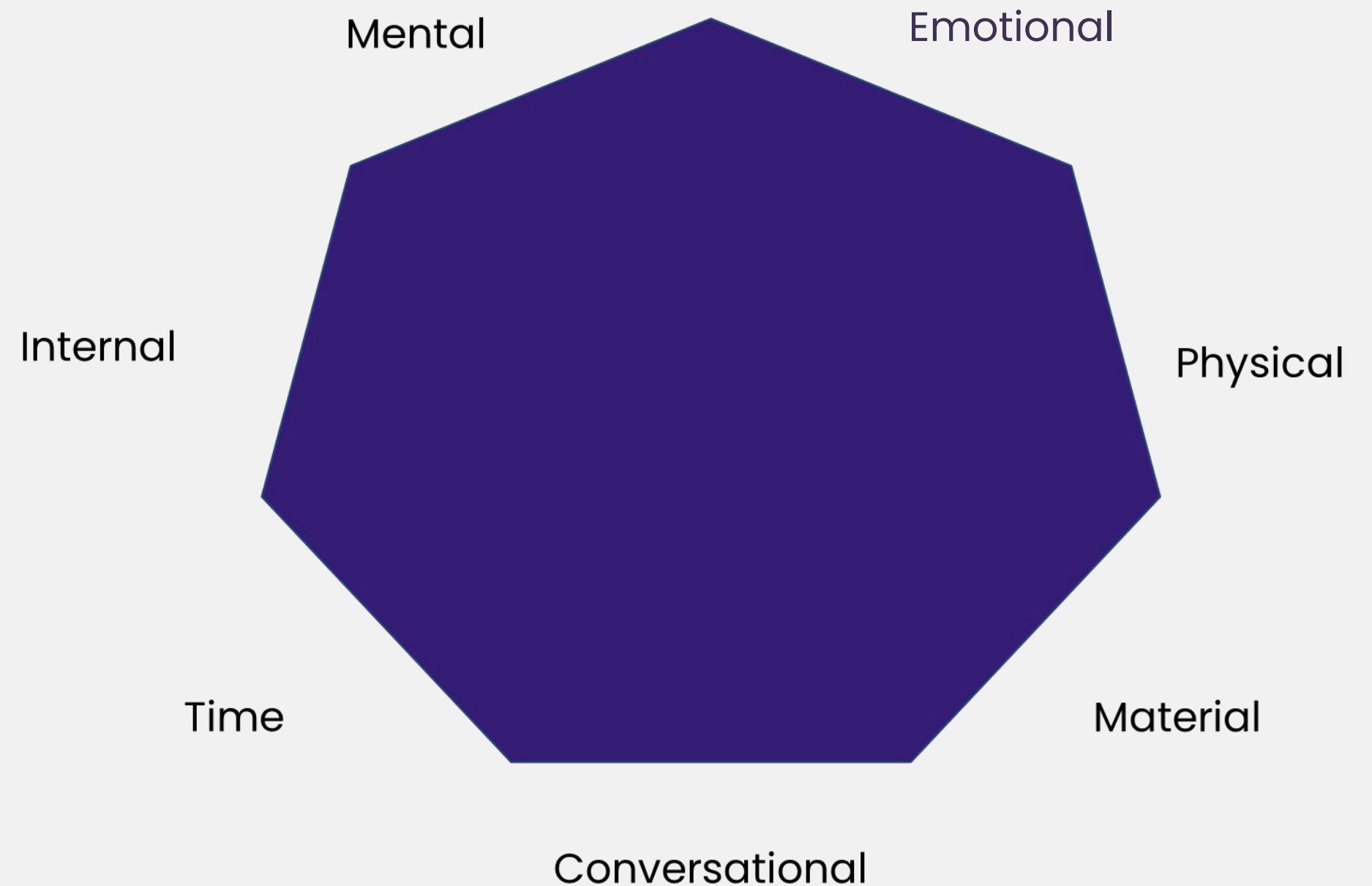
Decline what cannot do

Internal

Aware and manage own thoughts, emotions

Self sabotage, habits, actions

Know what you need, what energises/drains you
motivates/stresses you.



Boundaries Crossed? How Do I know

What wakes you up at night?

What makes you feel uncomfortable?

What annoys/frustrates you?

What drains your energy?

What stresses you out?

What do you dread daily?

What makes you feel unsafe/unsupported or undervalued?

These are situations/people who push your boundaries.

Your values may be challenged or needs not met

You may benefit from establishing a healthy boundary.

What's stopping you?

Belief expressing and fulfilling your needs is selfish

Fear of being judged as demanding

Don't want to disappoint others

Comparison

Guilt of saying no

Want to fit in

Feel it's expected

Fomo

Unclear structure/system in place

Flexible working hours/hybrid/remote - blurred lines

Technology - non-stop

Self employed/Perfectionism/Caregiving role - difficulty switching off

Workaholic - I love my work, it's my life



Discomfort is normal when changing our behaviours

Short term discomfort for long term comfort

All Tolerations Have A Boiling Point



The Personal Cost

Unhealthy relationships/conflict

Mistreatment

Resentment

Frustration

Avoidance

Manipulation

Stress

Overwhelm/exhaustion/burnout

Anxiety/Depression

Lower self esteem

Exploitation/Abuse



Your Compass

What's important to you?

What are your values?

What do you need, want and wish for?



Healthy Boundaries



Be clear on what you need and want.

Assess current situations/relationships.

Identify where you would benefit from implementing boundaries.

Know your values and priorities.

Be clear on what you are and are not comfortable with in specific situations.

Practice stating what you want and need.

Be assertive and upfront in clearly, calmly and respectfully communicating your needs to those around you.

State what you would like rather than what you don't want or like.

No need to over explain.

You may like to say why it's important to you.

Saying No Is A Skill

Every Yes and Every No
shapes your reality.



*When you say yes to one thing,
you are saying no to something else*

Saying No –A Skill In Assertive Communication

Before you answer consider your values and priorities
Communicate clearly, confidently and respectfully

Be clear – State need – Accept discomfort



I am not comfortable with

That doesn't work for me

I can't help today however next week

Please do not

I don't want to

This isn't acceptable to me

I need

I can't right now but if anything changes ill let you know

Thanks for asking me however ...

Let me get back to you

I need to check my schedule

I am not the right person to do this at the moment

I can stay for one hour

I understand this is important/hard for you however I don't have the capacity to support you right now

This is a topic I'm not willing to discuss

I will reply to that on



Let people know when available - autoresponder/Do not disturb

Schedule all tasks - everything

Take your breaks

Take your leave

Consider having work/personal phone

Establish and stick to work hours

Keep relationships professional

Stick to your role

Control - learn to delegate

Be honest about what you can/cannot do - Know your limits

Become comfortable with saying no

Be an independent thinker

Remember consequences of blurred lines

Create a balance between work/personal life

Transition practice work/home - mental emotional boundary

Change clothes after work

Define workspace

Your Workspace



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Self Care is the foundation of good health

Creating and maintaining healthy boundaries is an act of self respect and self care

Setting healthy boundaries lets people know how to treat you



Healthy Boundaries



No More Blurred Lines

To protect my time and energy I

I have the right to

Nobody may

I am not going to

Where would you benefit from creating stronger boundaries?

How will you do it?

How will that make your life better?





If you would like more information about our membership site
please contact
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