

Creating Boundaries

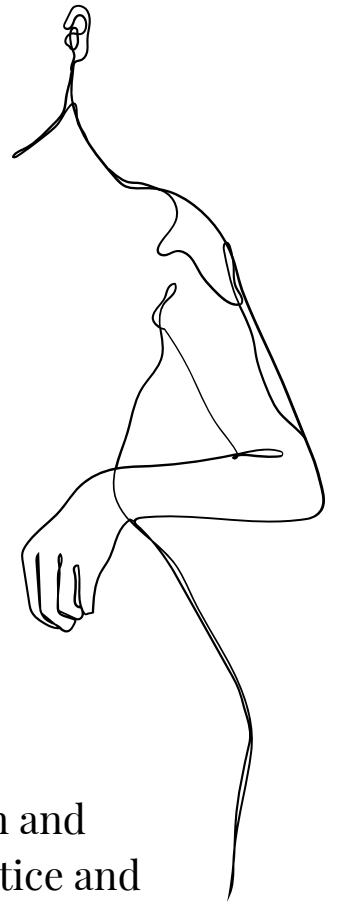
“What I know for sure is that speaking your truth is the most powerful tool we all have.”

- Oprah Winfrey

Creating boundaries is imperative to protect your mental health and well-being. However, it is easier said than done. You need to notice and be aware of what areas of your life are draining your energy, not bringing you joy or creating negativity in your life in order to make change.

Creating Boundaries is all about noticing, accepting and forgiving yourself for letting it happen. forgiving those who crossed your boundaries and then actively making the necessary changes.

When you're clear about your boundaries, people will understand your limits and know what you are and aren't okay with, and they'll adjust their behaviour. The people who don't respect your boundaries are ones you may not want in your life.



Practice

Recognise your limits

You can't set positive boundaries if you're unsure of where you stand. Use these Journal prompt questions to recognise your limits:

- ◆ What areas of my life am I giving too much?
- ◆ Who needs me the most right now?
- ◆ Who is turning up for me when I need them?
- ◆ What challenges am I facing right now in my life?
- ◆ What relationships are no longer serving me?
- ◆ What's draining my energy?
- ◆ What's filling me with positive energy?

Tune into your feelings and be honest with yourself about how you are feeling

Self care is self respect

Make self-care a priority. What works for you?

- Guided Meditation
- Long hot bath
- Playing a game
- Sitting in nature
- Baking and cooking
- Journalling
- Exercising
- Dancing or singing
- Learning something new
- Spending time with friends
- Reading

Incorporate self-care into the everyday; **make time for you each day.**