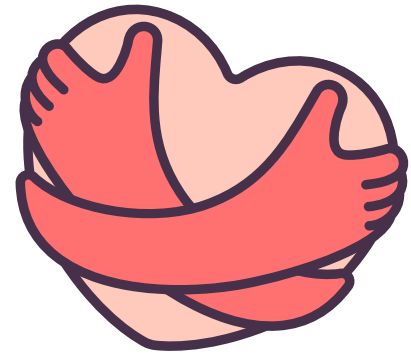# Setting Boundaries as a Form of Self-Care

Emily Hyssong, LMSW

What are boundaries?

- Guidelines, rules, limits that help you feel safe and comfortable in your relationships.
- They can define the relationship between you and everyone else around you.
- They can be physical, sexual, material, mental, and emotional based on our needs.
- They can be evolving, flexible, and based on context.
- They are all about communicating your needs for healthy interactions.

What does it sound like to communicate your boundaries?

- "I want to do my best work, and won't be able to take that project on right now." (work/time boundary)
- "I don't feel comfortable sharing about that." (emotional boundary)
- "I don't want you to use my computer." (material boundary)
- "I am not open to hugging at this point." (physical boundary)

Remember..

Healthy boundaries are always determined by YOU and not by others. Not everyone may agree or understand your boundaries, but that doesn't mean you shouldn't have them.

"The root of self-care is setting boundaries: it's saying no to something in order to say yes to your own, emotional, physical, and mental well being."
-Nedra Glover Tawwab

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