Boundaries and Communication Tools!

Student Support ~ Shatyra
Reasons You Need Strong Boundaries!

• Boundaries allow you to be your true self. They create a separateness that allows you to have your own feelings, make your own decisions and ask for what you want without feeling the need to ask please or thank you.

• Boundaries are a form of selfcare. Meaning its ok to value yourself, feelings and needs! Its perfectly fine understanding that its not your responsibility to protect others feelings or behaviors.

• Boundaries help create realistic expectations. When your boundaries are clearly stated people have a better understanding on how to treat you. When your expectations aren’t communicated and met anger and resentment are inevitable.

• Boundaries help create a safe space! They provide physical and emotional safety by keeping out what feels uncomfortable.
Throughout of your life!

It is important to understand how to incorporate boundaries throughout your life. It is important to manage your self care throughout the physical, mental, emotional, and spiritual boundaries.

**PHYSICAL Boundaries**

“I love you so much and I am in need of some physical space right now/feel uncomfortable hugging.”

**MENTAL Boundaries**

“I want to spend time with you and I cannot do that if we continue to discuss your ex/parents/politics.”

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**EMOTIONAL Boundaries**

“As much I want you to be happy, I’m realizing that I can’t be responsible for your happiness.”

**SPIRITUAL Boundaries**

“I understand and value your spiritual practice, but talking about this makes me feel uncomfortable.”
Positive Communication is Important!

There are several factors that come into play with making efforts to establish positive and effective communication. It is important to take into consideration all of the components that include how we communicate with each other.
Forms of Communication!

- **Assertive** ~ Telling someone how you made them feel in a nice and respectful way.
- **Passive** ~ Never sharing your feelings with anyone and pretending that everything is ok.
- **Aggressive** ~ Express feelings in a mean and disrespectful way.
- **Passive/Aggressive** ~ Never share feelings yet follow through with vindictive behaviors and actions to get back at the person.
Understanding Communication ~ Listening it Crucial!

Active listening allows you to openly listen to understand and not respond. It helps you understand where they are coming from and provides a genuine connection. This also teaches to avoid interrupting someone and allowing them to complete their statement.

Why Listening Matters!

We’ve all experienced listening faux pas and suffered from the embarrassment that follows. However, these problems can be combated with the implementation of careful consideration in the conversations you participate in. Still not convinced? Well, read below to view FOUR AMAZING BENEFITS of listening!

1. Empathetic
   Someone who actively listens to others is able to understand them on a deeper and more meaningful level.

2. Confident
   Listening will give you the ability to respond accordingly and interact with ease which makes you feel and appear more confident!

3. Well Spoken
   The time you spend listening to someone’s story gives you the opportunity to carefully gauge the situation and choose the words that you say!

4. Curious
   You might be surprised by the ideas and stories people share with you. Listening opens you up to new thoughts and ideas!

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The Recipe for Great Communication
Boundaries COVID – 19!

This is a very wearisome time that we are currently living through! It is ok to place boundaries on conversations about your life, personal space, personal maintenance through the pandemic, and refraining from hearing updates on the news that is not suitable to your current state of mind.

**Boundaries Around COVID-19 may sound like**

- "I know this time is difficult for you, but I don’t want to talk about the coronavirus right now. Can we talk about something else?"
- "I appreciate your helpful suggestions, but right now I just need some time and space to experience my emotions."
- "I understand this may not seem like a ‘big deal’ to you, but I am taking the current situation seriously and have decided to stay home for now."
- "I am taking this situation during COVID-19 seriously so I am currently not shaking hands or hugging. We can air-five or elbow-shake instead."
- "I know that socialising is super important for you, but I will not be able to attend the gathering tonight."
- "I see that you are very informed and up-to-date, but I don’t want to be updated by every news-article or breaking news."
- "I truly respect your opinion about everything going on right now, but I need some space to come to my own conclusions."

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Wellness During COVID!

Staying Healthy During COVID-19: Maintaining Health During a Difficult and Stressful Time!
Healthy Boundaries with Aggressive People!

- Be led ~ Consider documenting your feelings first and prepare yourself for open communication.

- Be Direct ~ Its best to open and respectfully confront things oh head. Make them aware of the disrespect help and them understand that its not ok!

- Resistant Arguing ~ Do not instigate the argument but to have a clear conversation. Reclaim your emotions to a place of self-control to communicate effectively.

- Take Some Space ~ sometimes disconnecting is necessary for managing and regathering yourself. This is also an indicator that something significant took place and may need time.

- Worse comes to worse remove yourself and pray and or meditate ~ Which ever one is your choice to maintain peace. Sometimes you cannot fix a problem, sometimes time allows for change, and other times its ok agree to disagree and move on.
No Limits, Only Boundaries | James Officer |
TEDxHobartHighSchool
SHE BELIEVED SHE COULD
BUT SHE WAS TIRED
...so she rested and you know what?
the world went on and it was okay.
She knew she could try again tomorrow

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