Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

30th of April

Click the image above for a cute video (and catchy song) about boundaries.

Setting a boundary can be as easy as saying, "No".
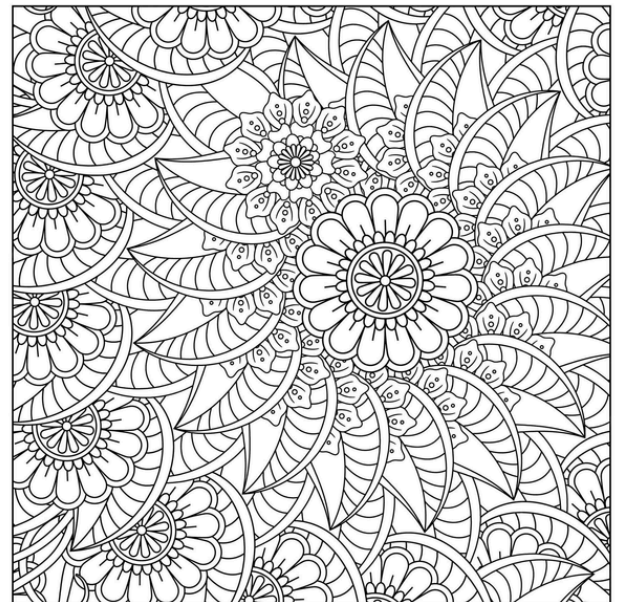
Boundary Check

5 - MINUTE THOUGHT PRACTICE

Click the image above for a meditation on setting boundaries.

This Week's Affirmation:
I listen to my intuition and respect its guidance on setting boundaries with others.

How To Set Boundaries

Identify When a Boundary is Crossed

- Is the situation making you feel angry, anxious, defensive, overwhelmed?
- Is your nervous system hyperactive? (example: heart racing, rapid breathing, flushed face, body shaking)

Communicate Your Boundary

- Be clear and direct but polite
- 'No' is a complete sentence
- You do not have to explain yourself if you don't want to
- Maintain a respectful tone
- Use "I" statements
- Start small

Expect the Pushback

- Expect resistance but remain firm
- Try not take the other person"s reaction personally. They may negatively react because they don't understand the importance of setting healthy boundaries as they don't have their own.

Set Consequences

- Let the person know what will happen if they cross your boundary (i.e. leaving the room or hanging up the phone)
- Avoid harsh ultimatums.

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In the mood to color?
Click the image above and enjoy.

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