

Tip sheet

Setting personal boundaries

Establishing personal boundaries is crucial for self-care and healthy relationships. Here's how you can start:



How to set your boundaries

Be aware of yourself

Identify your values, needs and limits. Practice self-awareness to know when your boundary has been crossed so you can address it promptly.

Prioritise your wellbeing

Learn to say 'no' when you really don't have the time or capacity to say yes.

Allow for change

Remember, boundaries can evolve and may be different with different people. Regularly reassess and adjust them as needed.

Embrace self-compassion

Setting boundaries isn't selfish; it's a form of self-respect.

Communicate consistently

Communicate these boundaries clearly and assertively to other people. Be consistent in upholding your limits, reinforcing their importance to you and other people.

Seek support

Surround yourself with respectful people, creating a positive and nurturing environment that supports your wellbeing.

When you feel guilty or wrong to prioritise yourself, that's usually the signal that something isn't right and it's time to act.

Ultimately, setting and staying true to your personal boundaries empowers you to live authentically and safeguards your mental and emotional health.

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