HOW TO SET HEALTHY BOUNDARIES

Learn to assert yourself!

Healthy boundaries are a form of self-care. They let others know what is okay and acceptable and what is not.

WHAT ARE HEALTHY BOUNDARIES?

Healthy boundaries are the limits you place around your time, emotions, body, and mental health to stay resilient, solid, and content with who you are. These empowering borders protect you from being used, drained, or manipulated by others.

You can set boundaries around:

- Emotional energy
- Personal space
- Sexuality
- Morals and ethics
- Material possessions and finances

Types of boundaries

- **Physical:** This refers to your personal space, your privacy, and your body. You might be someone who is comfortable with touch or public displays of affection (hugs, kisses, and hand-holding), or you might be someone who prefers not to be touched.
- **Sexual:** These are your expectations concerning intimacy. Sexual comments and touches might be uncomfortable for you.
- **Emotional:** This refers to a person's feelings. You might not feel comfortable sharing your feelings about everything with a friend or partner. Instead, you prefer to share gradually over time.
- **Financial:** This one, as you guessed, is all about money. If you like to save money not spend it on trendy fashions you might not want to loan money to a friend who does.

Uphold the things important to you

Why are boundaries so important?

Important reasons for setting healthy boundaries

- You effectively listen and see other points of view while still respecting your own.
- You practice self-respect by standing your ground.
- You avoid future conflicts and resentment.
- You set reasonable consequences for violating your boundaries.

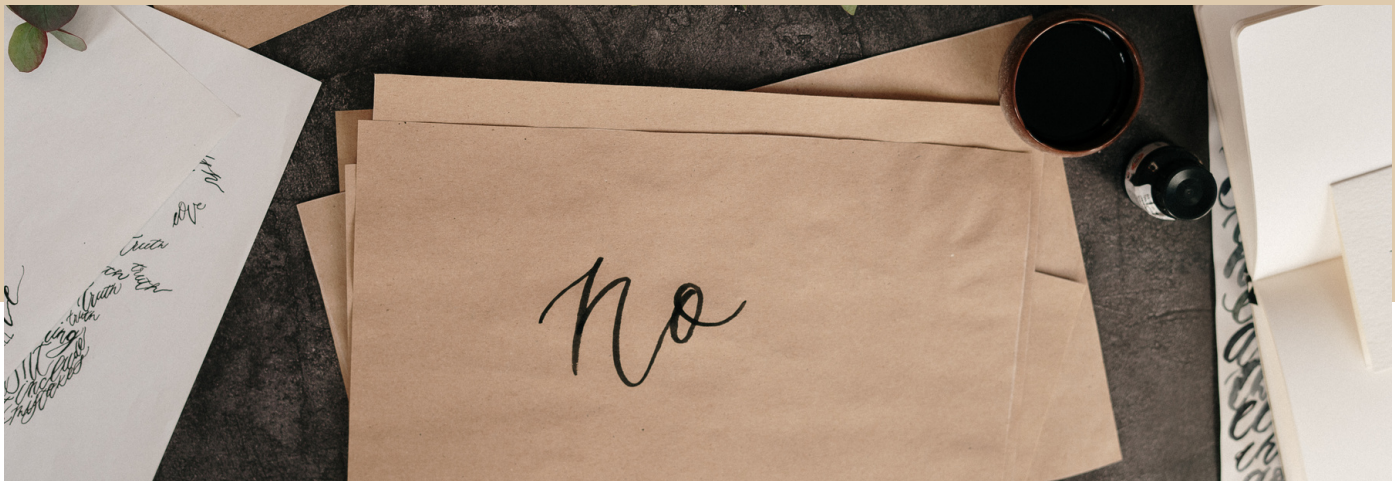
Problems of not setting healthy boundaries

1. Accepting things even when you don't want them
2. You aren't honest with others when you feel you're not being treated right.
3. Saying "no" makes you feel guilty or like you letting people down.
4. Letting someone touch you or have sex with you even if you don't want to.
5. Doing what someone else wants even if it's against your values, ethics, or your moral compass.

What does the research tell us?

1. According to the Australia institute of health and welfare, mental health conditions are one of the leading causes of illness and disability in Australia, affecting around 20% of the population each year.
2. In a survey conducted by the Australia psychological society, 59% of respondents reported feeling stressed due to work, and 56% reported feeling stressed due to personal issues.
3. Australia bureau of statistics found that almost 1 in 3 Australians report feeling lonely at least once in a week. Setting healthy boundaries can help individual build stronger relationships and connections with others.

Overall, setting healthy boundaries is an important aspect of maintaining good mental health and well being, and there are many resources available in Australia to help individuals learn how to do so effectively.



5 Strategies for setting healthy boundaries:

1. Start with a few boundaries and assertively communicate them
2. Carve out time for yourself
3. Don't be afraid to include extra boundaries
4. Try to be consistent with your boundaries
5. Communicate when your boundaries are crossed