The Importance of Boundaries

- Self Care
- Family Care
- Respect
- Establish Basic Guidelines
- Allow for Focus
- Improves Productivity
- Manage Expectations
The Importance of Boundaries

THE VICIOUS CYCLE OF UNHEALTHY WORK BOUNDARIES

PEOPLE INFRINGE ON YOU

EXPECTATIONS INCREASE

YOU SACRIFICE YOUR NEEDS
Self Care

The Importance of Boundaries

- Be mindful of your own needs.
- Is individualistic
- Promotes community care
Signs of Stress

Anxious/ worried/ overwhelmed
Irritable/short tempered
Unable to concentrate
Trouble remembering things
Trouble getting work done
Trouble relaxing

The Importance of Boundaries
Family Care

**The Importance of Boundaries**

Family provides love, support, and a framework of values.

Foundation for all other interactions

*SHOW* your respect
Respect

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Four Elements of Respect – © Mediation4 Ltd 2020
The Importance of Boundaries

How to Set Boundaries

Assess your personal boundaries

  Know your limits
  Pay attention to your feelings
  Give your self permission

COMMUNICATE

Create Clear Structures

Establish your reputation

Delegate

Say NO
How to Enforce Boundaries

The Importance of Boundaries

Find your voice
Build the skill of saying NO
Set the expectation up front/plan ahead
Dealing with Passive-Aggressiveness