



NAVIGATING THE JOURNEY AS A CAREGIVER

let's talk about
BOUNDARIES

Boundaries are Key

What are boundaries? Brené Brown defines boundaries as "what is okay and what is not okay." As caregivers, it is our responsibility to set and maintain healthy boundaries. A boundary can protect your physical person, your time, your energy, your peace of mind, your comfort, or your relationships with others. Emotional boundaries might look like separating your experience from that of someone else's. We all struggle with boundaries sometimes, but whether at work or at home, it's ALWAYS a good time to practice!

"Boundaries are invisible and symbolic fences with three purposes: one, to keep people from coming into our space and abusing us, two, to keep us from going into the space of others and abusing them, and three, to give us each a way to embody our sense of who we are." -Pia Mellody

Tips on Setting Boundaries

Investigate - Establish - Self-Soothe

- Listen to your mind and your body to learn what feels right and wrong.
- Ask yourself: considering what I feel, what is my specific requirement?
- Consider specificity options like timeframe. These are your "if" and "when" words.
- Express your boundary directly, concisely, and clearly.
- Remember that receiving pushback does not mean it was wrong to set the boundary.
- Big reactions can even sometimes indicate that the boundary was needed.
- Avoid the urge to peace-make after you set your boundary; discomfort is natural.
- Consider rewarding yourself for taking care of YOU with a soothing activity.

Tips on Maintaining Boundaries

Remind - Persist - Self-support

- Be consistent with your requirements, even when it is challenging.
- Follow through on stated consequences. "If you raise your voice at me, I will walk away."
- Touch base with your support system if you start to doubt yourself on your boundary.
- Try to think of reinforcing boundaries as self-care or protecting your needs.
- Check in with your body when a boundary is respected or violated to observe how it feels.
- Remember that by setting boundaries, you are also modeling good boundaries for your loved one.

See next page for more resources on boundaries!

If you are currently experiencing a crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741-741.

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Resources for You and Your Loved One

- **Mental Health America** on setting boundaries (with a healthcare worker focus) <https://bit.ly/3rRj9Xi>
- **The National Alliance on Mental Illness (NAMI)**, Chicago on boundaries <https://bit.ly/3xlM1bA>
- Researcher, author, speaker **Brené Brown** on boundaries (video) bit.ly/3LKHPgq
- **Tedx Talks**: “Boundaries set you free” <https://bit.ly/3zYxAMa>
- **Therapist Aid**'s boundaries discussion worksheet (PDF) <https://bit.ly/3lpXp3S>
- “How to set healthy boundaries” resources from **Positive Psychology** <https://bit.ly/3rQ7qIK>
- Healthy boundaries for teens in relationships from **love is respect** <https://bit.ly/2VwbNNa>
- Caregiver boundaries, self-care, and more from the **Caregiver Cup Podcast** <https://bit.ly/2VfQm2Z>
- **Psychology Today** on creating boundaries with your adult child <https://bit.ly/3jgb1ff>
- How to set boundaries with parents by **MindBodyGreen Relationships** <https://bit.ly/3A9G43n>
- **PsychCentral**'s info on setting boundaries with kindness <https://bit.ly/2VwcqGw>
- **Therapist Aid**'s overview of healthy boundaries (and examples of poor ones) <https://bit.ly/2VwcqGw>
- **Veteran Caregiver** on creating compassionate boundaries with your loved one (video) <https://bit.ly/3C2dqCO>
- **Borderline Personality Disorder Treatment** on setting boundaries with a parent with BPD (also applies to Narcissistic Personality Disorder) <https://bit.ly/3lv2o3n>
- **The OCD and Anxiety Treatment Center** on maintaining boundaries with family and friends <https://bit.ly/3lroVe3>
- **Psychology Today** on healthy boundaries with your spouse <https://bit.ly/2VfU8JH>
- A simple infographic on boundaries from **Melissa Noel Renzi, LSW** <https://bit.ly/3C9nVnP>

Preventing Caregiver Burnout

We give our BEST care when we are also taking care of ourselves! Make time to recharge, even with a short moment that's just for YOU. Connecting with other caregivers is another powerful form of self-care. Learn more about our One-to-One Caregiver Peer Support program on [our website](#).

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