

Understanding your PERSONAL BOUNDARIES



Identifying the boundaries that you need to maintain your mental health will help you to better navigate your relationships with others and move through many different areas of your life. Use the table below to start thinking about your boundaries. What in your life is non-negotiable? What do you need to do to protect your time? What do you need to feel your feelings? What do you need to boost your energy? What do you need to fulfill your values? Use your answers to these questions to write some boundaries you can put in place to maintain your mental health.

Your time:

Are there moments in your day that you need for you?
e.g. going for a walk, taking 5 minutes to breathe,
getting out of the house.

Your emotions:

What brings you joy? What makes you sad? Are
there certain jokes or ways people act that don't
consider your emotions and feelings?

Your energy:

Are there things or actions that sap your energy? e.g.
others making unreasonable demands or afternoon
meetings at work. Are there things that energise you?
E.g. watching the sunrise

Your Values/ Other things that matter to you:

What do you care about? This may be ethical or
religious beliefs, or anything that is important to you.

Thinking about what you've listed above, have a go at writing some personal boundaries to protect your time, emotions, energy and values.

i.e. I will carve out 10 minutes each morning for myself to just do as I please or I will not engage in talking about others behind their back because it goes against my values.