



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Creating Healthy Boundaries

Taught by the Harris Health System Employee Wellness Team

Learning Objectives

- Define boundaries
- Identify unhealthy boundaries
- Learn to set and uphold healthy boundaries



Boundaries

Different types:

Psychological

Emotional

Physical



Why is it important?

Why is it difficult?

“Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.”

- Brene Brown

Healthy vs. Unhealthy Boundaries

Healthy	Unhealthy
Guidelines for oneself	Guidelines for others
Not negotiable	Negotiable
Improves personal relationships	Used to keep people out
Example: If you yell at me, I will discontinue this conversation	Example: You are not allowed to yell
Example: If you are going to be negative every time we talk, I am not going to answer the phone when you call	Example: You are not allowed to complain about your problems every time we talk

“We can say what we need to say. We can gently, but assertively, speak our mind. We do not need to be judgmental, tactless, blaming or cruel when we speak our truths.” — Melody Beattie

Boundaries

“No.” is a
complete
sentence.
- Annie Lamott



DO NOT CROSS

Tips for Setting Boundaries

1. **Identify** where they are needed
2. Start small and be **realistic**
3. **Communicate** the boundary
4. Resist **explaining** or **apologizing**
5. **Don't** bend
6. Respect **your own** needs and feelings

“You get what you tolerate” - Henry Cloud

Write Your Ritual: Healthy Boundaries

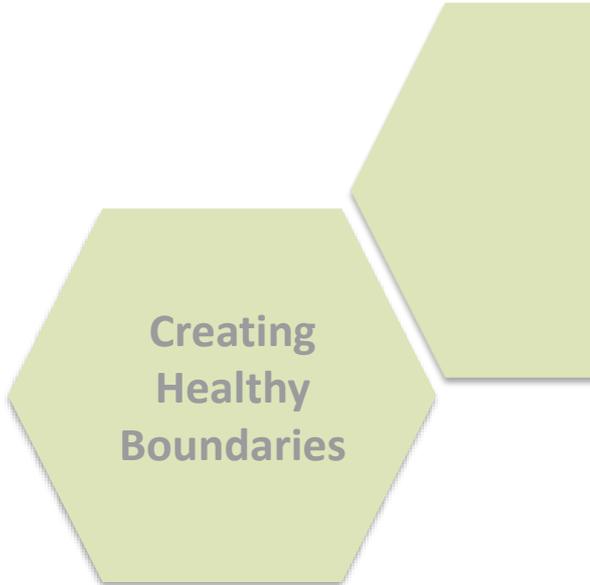
Examples:

- I will assert one new boundary in a loving way this week
- I will review my day and ask if I honored my boundaries
- I will review my day and ask if I honored other people's boundaries
- I will practice self exploration and identify two things causing me to feel anxious
- I will repeat positive affirmations daily to reinforce self love

Summary

- Identify where a boundary may be needed
- Set a realistic boundary
- Communicate the boundary
- Uphold the boundary

Track your rituals



Creating
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Contact Us!

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