

Defining the Line

Setting & Maintaining
Healthy Boundaries

Sample Content

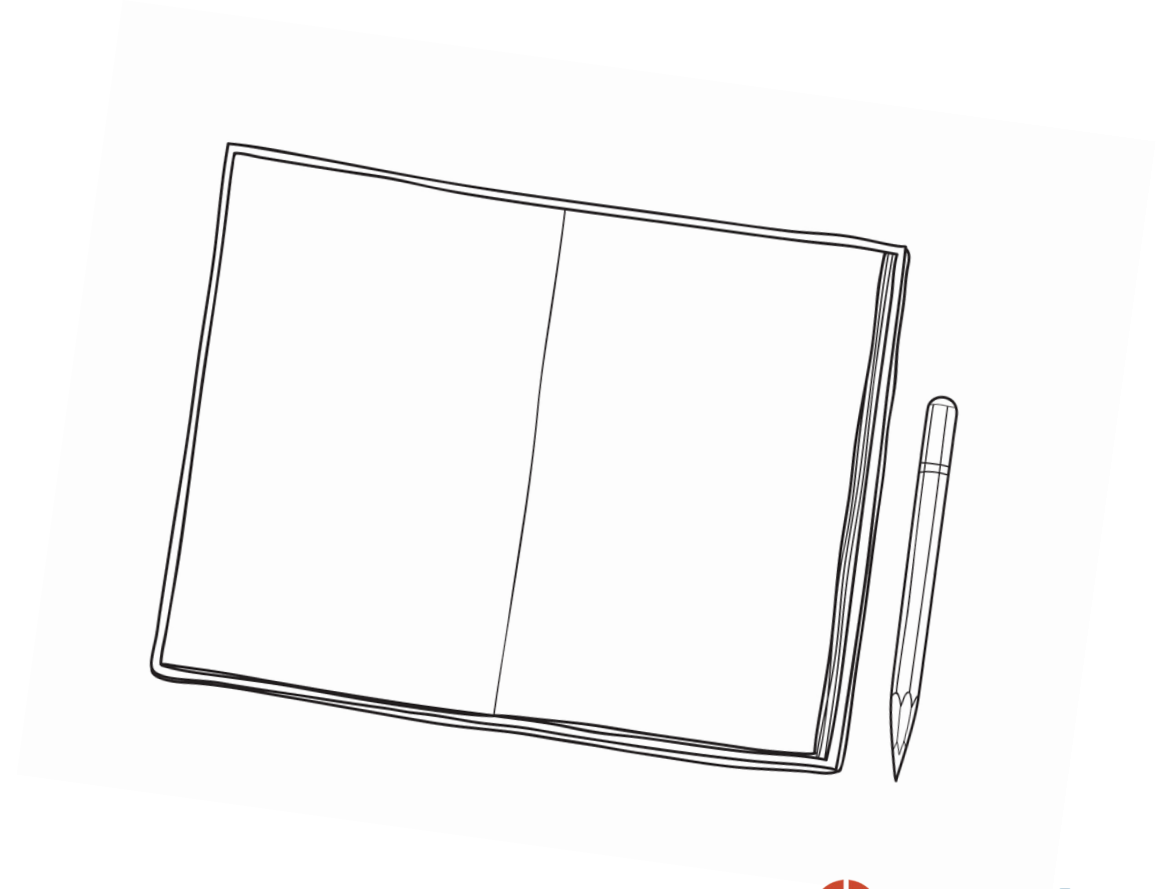


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We will discuss...

- What are boundaries?
- How do you know when your boundaries have been crossed?
- Why are boundaries such a challenge?
- Common questions about boundaries
- Strategies that can help





What comes to mind when you hear the word *boundaries*?
(Select all that apply)

Selfishness

Challenging

Saying "no"

Doable

Self-care

Impossible

Kindness

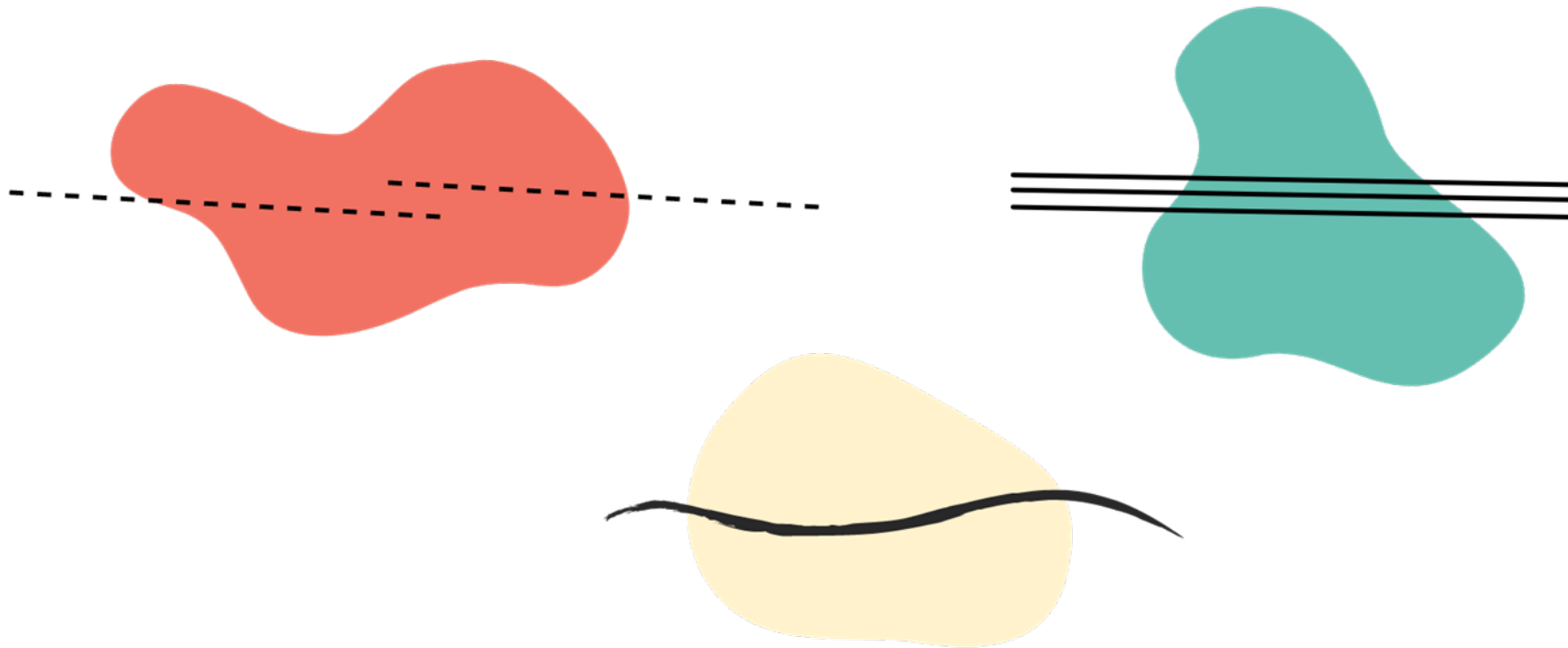
Unimportant

Meanness

Vital

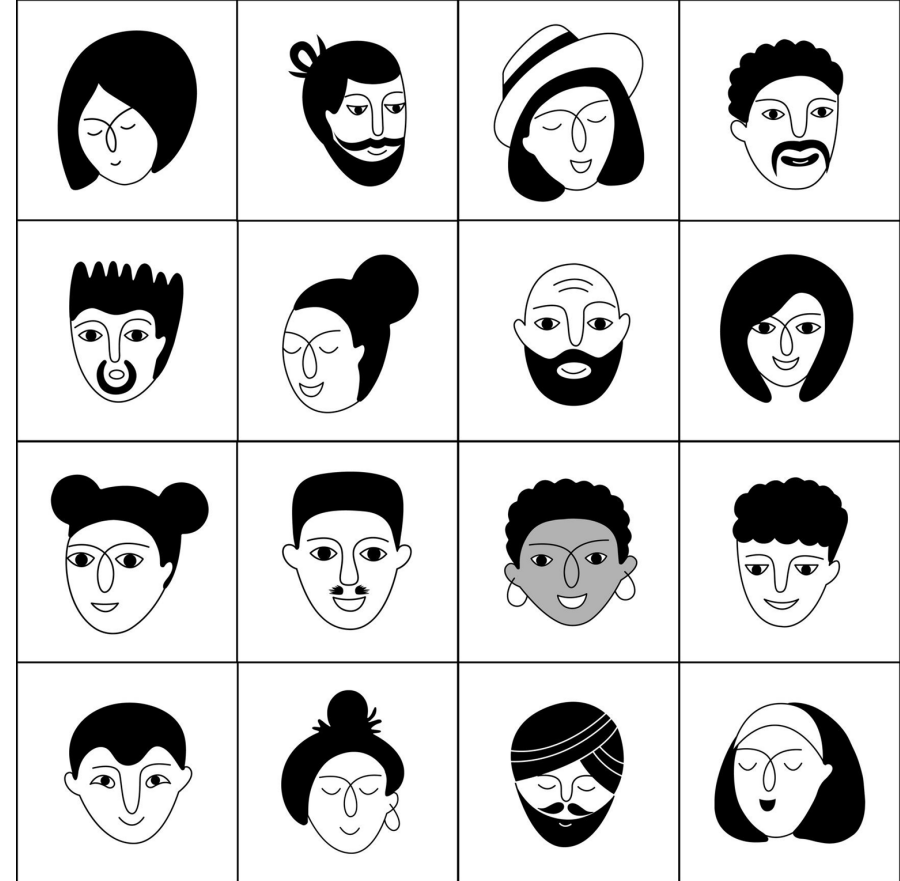
Cold

Are your boundaries porous, rigid, or healthy?



Individual reasons why boundaries are difficult

- Childhood Experiences
- Personality factors
- Behavioural choices & habits
- Aversion to conflict, disagreements, or to disappointing others.





COMMON QUESTIONS

If I don't do it, it won't get done (right)

Challenging the Hero Status



Can staying well and meeting needs **coexist**?



Boundary FAQs | Reflecting on Common Challenges

COMMON CHALLENGE #1

"How do I set boundaries when I know I'm adding to my team's workload?"

What are some things you can do or say to help **others** on your team when they need to set boundaries despite structural failures?

Now, imagine that a loved one or trusted colleague is responsible for advocating for your well-being. It is their job to "make the case" for why you should set strong boundaries, even when things are stressful at work. Finish the following prompts from their perspective:

Setting better work-related boundaries would benefit **you** by...

Setting better work-related boundaries would benefit **your colleagues** by...

Setting better work-related boundaries would benefit **your clients** by...