

Day 21: Setting Healthy Boundaries (2/2)



Yesterday, we spoke about the importance of self-awareness when it comes to setting boundaries. For example, knowing when we're feeling emotionally drained, undervalued, or irritated by other people's behaviour.

Today, we'll speak about self-worth and communication skills.

Self-Worth

Valuing yourself and your wellbeing is essential to maintaining boundaries.

When you value yourself, you're more likely to assert your boundaries and enforce them consistently.

If you grew up in an environment where your needs weren't adequately met, you might have an underlying sense of unworthiness.

A distorted sense of self-worth.

You might lack an internal narrative around what you will and won't accept because you were never taught that your feelings and needs matter.

You were never taught to pay attention to your feelings and needs, so you become disconnected from them.

If this sounds like you, here are some affirmations you may find helpful:

- "My feelings and needs matter."
- "I deserve to be treated with kindness and respect."
- "I respect myself enough to walk away from unhealthy situations."
- "I have the right to say no without feeling guilty."
- "I trust myself to make decisions that are right for me."
- "I choose to prioritise my mental and physical health."

Remember: Having wants and needs is not selfish.

Value yourself.

Assert your right to happiness.

Communication Skills

Being able to clearly articulate your boundaries in a firm yet respectful manner is key.

Imagine an employee starts receiving work emails at all hours from their boss, expecting immediate responses. The relentless demand starts impacting their personal time.

Stress levels escalate, nudging them towards burnout.

In such a situation, assertive communication can make a significant difference.

The employee decides to address this issue and requests a meeting with their boss.

In the meeting, they could communicate their concern in the following framework:

- 1. Starting with positive intent.** "I really value the collaborative environment we have, and I enjoy working here."
- 2. Expressing concern.** "But lately, the after-hours communication has been too much for me."
- 3. Asserting a boundary.** "I'd like to establish clear boundaries around my work hours."
- 4. Proposing a solution.** "Can we agree on set hours where I'll be available for work discussions, and I can handle non-urgent matters first thing in the morning?"
- 5. Emphasising the outcome.** "This will help me be more productive at work."
- 6. Seeking agreement.** "How does that sound to you?"

Feel free to use this framework as a flexible guide rather than a rigid formula.

The essence of assertive communication lies in the ability to express your needs confidently while maintaining respect for the other person.

If you struggle with setting boundaries, give yourself grace.

Assertiveness is hard!

Of course you're going to slip up now and then. Mistakes are part of the learning process.

What To Do If Someone Ignores Your Boundaries

- **Show them grace.** It's hard to cope with change. With time, people may get used to your increased assertiveness. And if they don't...
- **Practice restating your boundary clearly and firmly.** Explain the consequences if it continues to be ignored. "I've mentioned that I'm uncomfortable with jokes that make me feel belittled. If this behaviour continues, I'll need to step back from spending time together."
- **Follow through with the consequences** you've communicated if the boundary is still ignored.
- **Adjust accordingly.** If people aren't willing to make accommodations for reasonable requests, it may be time to re-consider the relationship. That doesn't necessarily mean you need to cut the person out entirely. You may want to reduce

the time and energy you put into the relationship, knowing that you can and will find people who are able to meet your needs.

Today's Challenge: Complete one of these action steps:

- **Use the above 6-step communication framework to create a script relating to the situation you thought of yesterday.**
- **Print this PDF of self-worth affirmations (included in challenge only). Feel free to stick this in your journal, reviewing it when you need to set a boundary.**

Great work!

See you tomorrow.

Take care,
Rebecca and the team



THE WELLNESS SOCIETY