RELATIONSHIP WELLNESS
BOUNDARIES: WHY DO WE NEED THEM AND HOW DO WE SET THEM?

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RELATIONSHIPS

RELATIONSHIP WELLNESS

SELF-CARE

BOUNDARIES
BRENÉ BROWN ON BOUNDARIES

• https://www.youtube.com/watch?v=BESvQB6J5rc (play to min 2.52)

• Brene’s definition: “What is okay and what is not okay” simple right

• “The most compassionate people I have interviewed over the last 13 years were also the most boundaried”

• “What if people are doing the best they can?”

• BIG: “What boundaries need to be in place for me to stay in my integrity and make the most generous assumptions about you”

• NOTHING IS SUSTAINABLE WITHOUT BOUNDARIES
WHAT ARE BOUNDARIES?

• Boundaries define us by revealing what *is me* and what *is not me*

• **Physical Boundaries:** Set by who can touch you and how and where. How close you allow other to be in physical distance. *(have an awareness of cultural differences)*

• **Emotional Boundaries:** Set by how you will allow other to treat you. You set limits on what others can say to you, whether or not you will tolerate certain jokes or innuendoes, and determining how much personal information you will reveal.
HOW CAN WE LEARN TO SET BOUNDARIES

• Learn to say NO. No is a very important boundary setting word

• Learn to express your opinion

• Find out who you are (identity and self esteem work)

• Think about your SELF. What do you like and dislike? What do you value? What are your interests?

• When you protect yourself from even a small boundary violation you send a powerful message to yourself: “I am strong”, “I am safe”, “I can protect myself”, “I am valuable”
SAY "NO"

When you say "yes" to something else, you're saying "no" to yourself. Be mindful about how you choose to spend your precious time and get comfortable saying "no" to that which doesn't resonate. Say "yes" to yourself!

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STATE OF WELL-BEING
• Assessment and Goal Planning

• Meditation Exercise

"When we are depleted our giving is empty. Today I take a moment to recharge, fill up with love for my life and all of its character so that I may give from a place of overflowing."

-Lisa Wemberger
HEALTHY AND UNHEALTHY RELATIONSHIPS

RELATIONSHIPS

RELATIONSHIP WELLNESS

SELF-CARE  BOUNDARIES
The Relationship Spectrum
(loveisrespect.org)

ALL RELATIONSHIPS

Healthy Relationships
- Respect
- Good Communication
- Trust
- Honesty
- Equality

Unhealthy Relationships
- Pressure
- Dishonesty
- Inconsiderate Behavior
- Struggle for Control
- Communication Barriers

Abusive Relationships
- Accusations
- Blame Shifting (Deflecting Responsibility)
- Isolation & Jealousy
- Manipulation
- Obsessive Intensity
Let's Identify Types of Relationships (I.e., Healthy, Unhealthy, Abusive)

Unhealthy
If you have a disagreement, your partner uses the silent treatment and won't talk to you for days.

Abusive
When you go to your favorite restaurant and order something different, your partner acts disgusted and calls you stupid for ordering it.

Healthy
You miss your partner when you go on vacation with your family, but you have a really good time anyway.

Healthy
Your partner appreciates your passions and encourages you to do the things you love.

Unhealthy
Your partner says you don't really love them because you want to go to a movie with a friend instead of spending time alone with them.
Why is it important to understand Boundaries, Relationships, and Self-Care?

• To proactively form healthy relationships in the workplace and in your personal lives.

• To identify what unhealthy relationships are to: (1) attempt to improve them, and (2) establish boundaries and self-care.

• To identify what abusive relationships are and become aware of your rights in the workplace and/or in your personal life to prevent and end this type of relationship.
  • Protections at the Workplace: Title IX and Title VII
  • Protections in your Personal Life: Title 42, Section 10606: Public Health and Welfare, Victim's Rights
POST-IT ACTIVITY

"STICK IT TO LOVE"