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# Wellness Letter



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## BOUNDARIES

No doubt by now, we have heard about boundaries- that they are important and we should have them. But how do we know if we are setting healthy boundaries? Here are some signs:

- High self-respect
- Prioritising 'you' time
- Not overcommitting yourself, set limits
- Strong sense of direction and identity
- Clearly communicating needs and wants

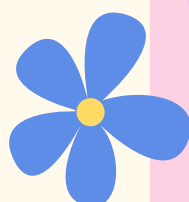


## What is a boundary?

A boundary is a limit to what you find acceptable, an invisible line if you will for others not to cross. Boundaries can be set to meet physical, emotional and not limited to, financial needs.

Boundaries appear in our homes, social settings and workplaces. It is best practice to focus on your boundaries, what you find acceptable and what actions you will take if crossed.

Organisations define their boundaries through vision, values, and expectations in order to attract suitable and likeminded candidates.

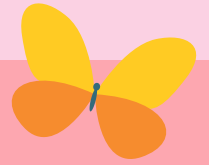


## Why is a boundary important?

**Boundaries help us to feel safe. Implementing boundaries can support mental wellbeing, through articulating how you expect to be treated by others. Being clear is kind and following through is important. If your expectations are not being met, it is your responsibility to do something about it. By not acting on the breach, you run the risk of deteriorating your self-worth.**

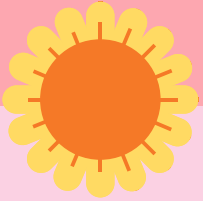


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"You teach people how to treat you by what you allow, what you stop and what you reinforce".

-Tony Gaskins



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Relationships  
Victoria  
Maintaining  
Personal and  
Professional  
Boundaries  
TIP Sheet



## How can we set boundaries?

Setting boundaries fundamentally is about being clear and consistent in your communication with others. Letting them know how you expect to be treated and the actions that will be taken if not met. Actions can vary in severity, depending on the boundary being crossed. For example:

- if required to stay back after 5pm unpaid; action may be to start later the next day
- if someone is berating you; action may be to no longer spend time with them

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Therapist Aid  
Setting  
Boundaries  
Worksheet



## Who is responsible in maintaining boundaries?

YOU, plain and simple. You have no control over others, it is your responsibility to set and maintain boundaries. By speaking up when boundaries are being disrespected helps to preserve your mental wellbeing.

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BOUNDARIES  
App based on the  
NY Times Best  
Seller by Dr  
Henry Cloud and  
Dr John  
Townsend



## RESOURCES

## What boundaries are not?

Unfortunately, boundaries can be confused with manipulation and control. Having boundaries are expectations you set, to pursue conditions you are comfortable with and likeminded people with similar values. It is not about manipulating others to conform to your views. For example, if someone crosses a boundary due to a difference in values, it is your responsibility to re-evaluate the compatibility and see if this is something you can tolerate, need to limit engagement with or must walk away from.

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