

# WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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## HEALTHY HARMONY - Healthy Boundaries are a Form of Self-care



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*By Jackie Billhymer*

The best organizations are focusing on employee engagement and retention. The desire for remote work and a focus on wellbeing have become what many job candidates are seeking in a workplace culture. Employees are reflecting on their values and making changes when their work environment does not align well with what is most important to them. Reflection during times of change can serve a powerful purpose when you are trying to adapt or create new self-care behaviors.

Consistency is key for new behaviors to become a regular habit. The act of establishing boundaries has a vital role in supporting your long-term, self-care success. Boundaries allow you to respect your individual needs and set clear and realistic expectations for how you not only spend your time, but also for teaching others how you want to be treated.

There are various kinds of boundaries for the way you spend your time (and with whom), how you manage emotions, and your physical and mental energy. A PsychCentral article called, "[10 Ways to Build and Preserve Better Boundaries](#)" outlines how to create and sustain effective boundaries

(check out the [podcast](#) at the end of the article, too!). Boundaries are necessary for helping to prioritize your day and reserve space for your individualized self-care. Whether it means saying “no” to an invitation to a party because it’s been a busy week and you need downtime, or blocking your calendar over the lunch hour to avoid meetings being scheduled during that time, you are communicating a standard and expectation for your wellbeing.

What do you do when “no” is not an option? If your manager sends you a request that involves multiple stakeholders and has a short turnaround time, rather than commit to working into the wee hours of the evening, you can ask for help with prioritizing your current workload. Communicate with your manager what you are working on. Be specific and state facts, rather than feelings. Outline what you are currently working on by task and due date, and ask what can be set aside for a certain period so that you can begin working on the new request. You can say, “Here is a list of what I am working on and need to complete today. Could you tell me which of these items can wait so that I can make time to get your request completed?”

Boundaries have a significant role in our self-care and our professional and personal relationships. Read the PsychCentral [article](#) or listen to the [podcast](#) and reflect on how creating or adjusting boundaries can improve your wellbeing.

Content Sources:

[Article](#)

[Podcast](#)

