



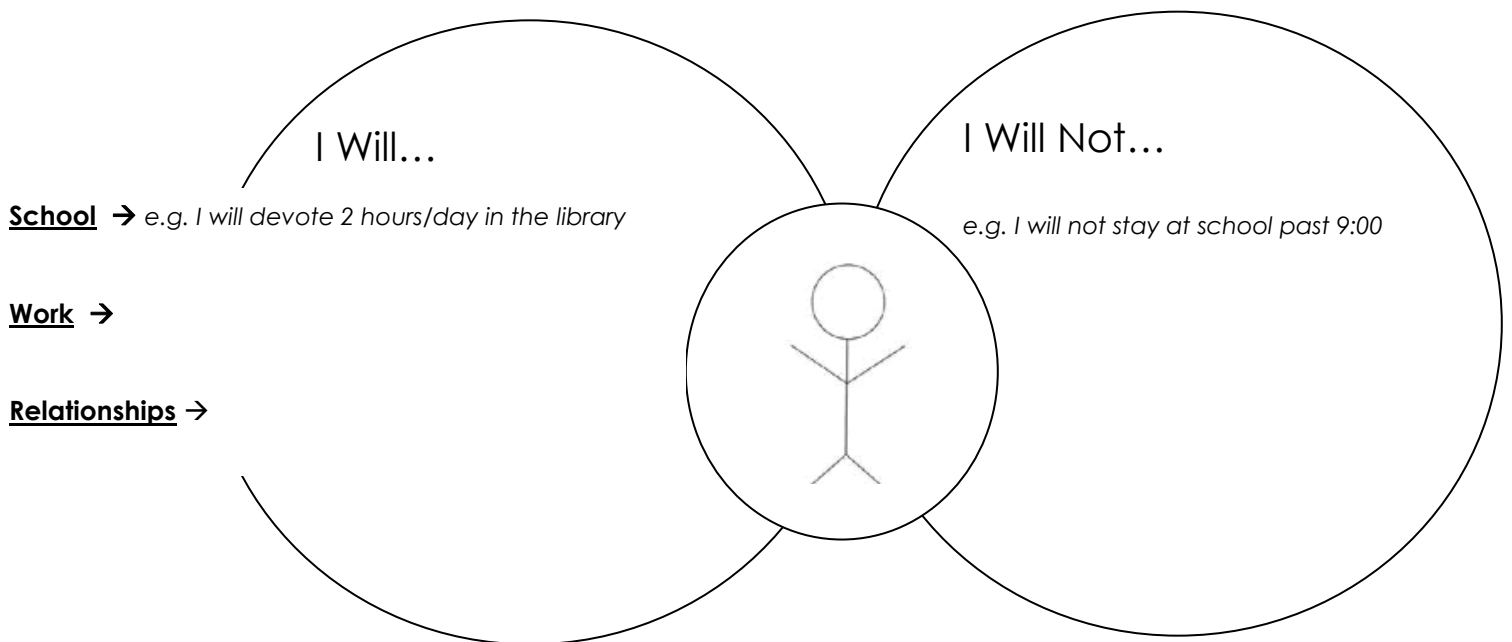
Setting Boundaries – Tips for students by students

Having a hard time saying no to a friend? Don't want to pick up that extra work shift?....

Setting boundaries can be tricky! Here are some tips to consider when establishing personal boundaries and limits.

Tips for setting personal boundaries:

- Don't be afraid to say no (to friends, to work, to extra commitments) if you're too tired, busy or not in the mood!
- Do push yourself to ask for help, and lean on others when you need it
- Decide what you want. Weigh out the pros & cons, explore the best case/worst case scenarios
- Focus on what you value most (do your actions align with your personal values?)
- Take care of yourself before taking care of others, or other commitments. We need to recharge our battery.
- Boundaries towards others need to be clear. When they are articulated, they should be non-threatening!
- Boundaries are extremely personal. Don't feel like you have to justify, rationalize or apologize yours to anyone!
- Don't give yourself the guilt trip! Stick to your decision and remind yourself of the big picture
- Develop a support system once boundaries are set. They can keep you accountable & support you through the process
- Talk about your feelings when expressing your boundaries. It can be easier to relate to feelings, than experiences we may not understand.



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