

7 TIPS FOR SETTING SIMPLE BOUNDARIES

For A Healthy and Happy Life

Setting personal boundaries is a very important aspect in taking care of ourselves and in building strong, healthy relationships with others.

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ALONE TIME

Schedule alone time for yourself routinely to recoup from busyness. It's important to have time to relax and unwind and to have time to reflect on yourself and what's going on in your life.

EATING

Only eat until your full and make sure to set limits on how much junk food or sweets you are putting into your body. I'm not saying you have to give it all up but make sure you set those boundaries.

SPACE

Create space from negativity. If you have to be around them (say in an office setting) do what you can to limit the time together. Constant exposure to negativity is very tiring. This includes setting boundaries for the amount of negativity you allow yourself to consume through media outlets like tv or social media.

JOURNAL

Taking this time to reflect in your journal will help you identify where and what boundaries you may need to put in place in your life.

HONESTY

Be honest and upfront about your feelings in relationships and friendships. If you are feeling hurt, then be open about it and tell them how you feel in a respectful manner.

WORK

Don't take on more than you can handle. Your boss will appreciate you being upfront over not having projects completed in time. This goes for at home projects too, be realistic about what you can accomplish in a set amount of time.

COMPROMISE

Compromise when necessary but expect compromise in return. Sometimes things need to happen and you need to make time for them. But set up realistic expectations to make it work.