

Being Well Podcast: Building Healthy Boundaries with Nedra Tawwab

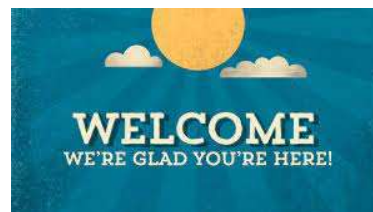


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Parent Resource Centre 1



Agenda

- Welcome and Check-In
- What are Boundaries?
- Areas We Commonly Need Boundaries
- Types of boundaries
- How do we learn boundaries?
- Signs You Might Need Boundaries
- Setting Boundaries
- How to Communicate a Boundary
- Questions for Reflection
- Final thoughts
- Resources



Welcome and Check-In

- How are you?
- Where do you find it easy to set boundaries?



What are Boundaries?

Boundaries are expectations and needs that help you feel safe and comfortable in your relationships. Expectations in relationships help you stay mentally and emotionally well. Learning when to say no and when to say yes is also an essential part of feeling comfortable when interacting with others.

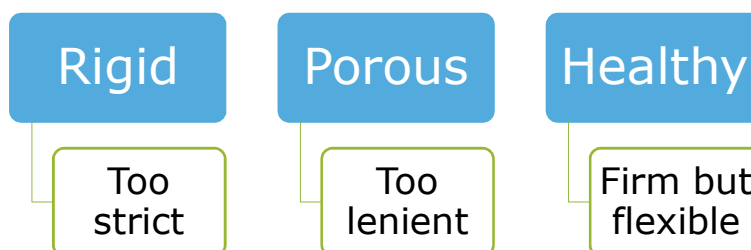
Boundaries are the gateway to healthy relationships

Areas We Commonly Need Boundaries

- Family
- Romantic relationships
- Friendships
- Work
- Social media and technology

Are there any places or relationships where you would like to set a boundary right now?

Types of Boundaries



Boundaries as an ongoing practice:

- learning tools to be in healthy relationship
- boundaries on both sides – not selfish

How Do We Learn Boundaries?

- Family is where it all starts
- Respecting children's boundaries
- Modeling
- When it isn't okay to say no
- Learning from others



How were boundaries taught in your family?

Signs You Might Need Boundaries

- Feelings of discomfort in the relationship – for example resentment, anger, anxiety, burnout and frustration
- You feel that there is a boundary needed

You don't need to know why it is important to you – trust how you are feeling

Setting Boundaries

What makes it hard for you to set boundaries?

What gets in the way?



How to Communicate a Boundary

- State the boundary or the problem - be clear
- State the solution (your need or request, or say no)
- Deal with the discomfort

Think of a time when you wanted to say no but didn't. How could you have expressed the boundary?

Boundary Self-Reflection

Boundary you would like to implement	Two actions to help you implement and follow up with boundary	Consequence if boundary not honoured
Only working during my designated hours - Monday to Thursday from 8:30-4:30.	Communicate to your boss and team: "Moving forward I won't be available for work outside of my regular work hours. My hours are Monday to Thursday 8:30-4:30" Follow up: Set out of office reply with work hours. Don't check work email on off times.	Restate boundary to colleagues/boss if needed.

You Cannot Change People but You Can Change:

- How you deal with them
- What you accept
- How you react to them
- How often you interact with them
- How much space you allow them to take up
- What you participate in
- What role they play in your life
- What people you have contact with
- Who you allow in your life
- Your perspective

Final Thoughts

1. Do not assume people know what you need
2. Don't be afraid to change your boundaries
3. Understand that guilt is part of the process
4. Be very clear of what the boundary is



Questions for Reflection

In your work with families, how can you help parents to both establish boundaries in their family as well as honour and validate the boundaries or needs that their children are expressing?

Resources

- Being Well Podcast: Building Health Boundaries with Nedra Tawwab

<https://www.rickhanson.net/being-well-podcast-building-healthy-boundaries-with-nedra-tawwab/?highlight=nedra%20tawwab>

- *Set Boundaries, Find Peace: A Guide to Reclaiming Yourself* by Nedra Glover Tawwab
- <https://www.nedratawwab.com/>
- <https://www.therapistaid.com/worksheets/boundaries-psychoeducation-printout.pdf>
- <https://www.therapistaid.com/worksheets/setting-boundaries.pdf>

