



# Healthy Boundaries to Protect Your Energy and Wellbeing

*Where science meets heart in your journey to authentic wellbeing*

Boundaries are the limits we set to protect our physical, emotional, and mental wellbeing. They are not walls or rejections. They are guidelines that help us maintain respectful, balanced relationships with ourselves and others.

## Why Boundaries Matter

- Boundaries reduce resentment by preventing overcommitment.
- Clear boundaries actually improve relationships by fostering mutual respect.
- Setting limits teaches others how to treat you.

## Types of Boundaries

- **Physical:** Personal space, touch, privacy needs
- **Emotional:** Protecting your feelings, limiting exposure to negativity
- **Time:** How you spend your hours, saying no to demands
- **Digital:** Social media use, availability, response times
- **Material:** Your possessions, money, lending limits

Remember, boundaries protect your time and energy for what truly matters

## Quick Pulse Check

Tick any that apply to you this week:

- I have felt drained after interactions with others
- I have said yes when I wanted to say no
- I have felt responsible for someone else's emotions
- I have neglected my own needs to meet others' expectations
- I have felt resentment building in a relationship
- I have struggled to ask for what I need

**If you ticked 3+:** your boundaries may need some attention.

## A Moment to Reflect

A relationship where I feel my boundaries are unclear:

What I need more of in this relationship:

One boundary I could set this week:

### **The Boundary-Setting Formula**

Use this structure when setting a boundary:

*"I feel [emotion] when [specific situation]. I need [your boundary]. If this continues, I will [consequence]."*

### **Helpful Phrases**

- "Let me think about that and get back to you."
- "That does not work for me."
- "I am not available for that."
- "I care about you, and I cannot do this."

**Remember:** Guilt is normal when you start setting boundaries. It does not mean you are doing something wrong. Research shows clear boundaries actually improve relationships by fostering mutual respect (Maslach & Leiter, 2016). You are allowed to protect your energy.

*Asking for support is a sign of strength.*

[www.thehonestjourney.co.uk](http://www.thehonestjourney.co.uk)



*The Honest*  
**JOURNEY**