



Healthy boundaries are not about pushing people away. They are about honouring our values, making conscious choices and setting realistic expectations. What is worse a friend that explains they can't do something due to capacity or the friend that says yes and then doesn't do it? Boundaries are a good thing.

Boundaries help to set busy mums up for success in daily life. They help us to see and live your values, and worth, honour your wants and needs and help to manage feelings like being overwhelmed, burned out and unhelpful behaviours like people pleasing.

Healthy boundaries help up to have better mental and emotional health, improved autonomy, stronger sense of identity and more confidence in influencing other peoples behaviours. They can help to reduce anxiety, stop burnout and reduce feelings of resentment that we can hold towards others, making us more generous and compassionate. This worksheet gives examples of some common boundaries - read through and reflect on which of these boundaries feel comfortable to you.

types of healthy boundaries

time

the time you are willing to give

"I hear you need help, I can devote an hour on the weekend"

material

the resources you are willing to give or lend

"I am not comfortable lending money to friends and family"

emotional

your levels of emotional availability

"I am feeling overwhelmed right now so I am not able to support you emotionally"

mental

honour your own values, opinions and thoughts

"I appreciate we have different views here. I need to honour my values"

internal

self-regulation and energy maintenance

"I have been locked at home all week, I need to get out and have an adult conversation"

conversational

topics you are comfortable discussing

"This is a topic I don't enjoy discussing, so I am going to opt out of this conversation"

physical

what you do with your body and personal space

"I appreciate the thought but I don't enjoy massages and strangers touching me"