

- ✓ Don't take on or take responsibility for other people's emotions. It's exhausting. You can't meet all of someone else's emotional needs.
- ✓ Be clear on how much time and energy you can give away. Your relationships are a big part of your life. But they're not your whole life. You need time and space for yourself. The amount will be different for everyone.
- ✓ Keep your independence. Do things that make you happy and recharge your battery.
- ✓ Don't try to be someone's everything. It's an impossible task. You can't always be there. Don't set up that expectation. If you already have, start stepping back.

KEEP IN MIND

When we set emotional boundaries, we feel in control of our own lives and feelings. That frees up our emotional space so that we can take care of ourselves, giving us room to prioritize our own needs. And that makes us better in any relationship we have.



*Emotional Boundaries -
Better Relationships*
Health & Wellness

Emotional Boundaries - Better Relationships

Emotional boundaries can be challenging, especially for people pleasers.

Emotional boundaries are the limits you set on the energy and emotions you give to and receive from others. Setting them protects your mental health and wellbeing in a way that makes you feel emotionally safe.

Putting emotional boundaries in place does not mean you don't care about someone. It does mean coming to a place where you can respond to them in a caring manner without adopting or being emotionally affected by their feelings. It's important to realize that it isn't your responsibility to take on or fix someone else's emotions or circumstances.

It might help to think of this type of boundary as a shield that keeps your emotions safe. This can help you see where your emotions end and another person's begin, which leads to healthier relationships. If you can keep this separation, you'll be in an emotionally better place to support a partner, parent, child, friend, or coworker. It's the whole "put on your own oxygen mask first" idea. You can't help someone else if you don't help yourself.

WHY EMOTIONAL BOUNDARIES ARE CRUCIAL FOR YOUR MENTAL HEALTH

Without boundaries, we let other people's emotions slip past our protective shield and become part of us.

Here are just a few things that can happen. We may:

- take on others' emotions as our own
- feel responsible for "fixing" someone's feelings or circumstances
- react strongly to someone's disapproval, disagreement, or frustration with us
- struggle to maintain our own emotional reality
- carry too heavy of an emotional load
- start to have physical symptoms related to the stress of others' emotions

HOW TO SET EMOTIONAL BOUNDARIES

The first step to setting up emotional boundaries is to identify where and with whom you are lacking them. Then figure out what's stopping you from detaching, and do whatever you can to break down those barriers.

Here are some things to try:

- ✓ Put your needs first. This is not selfish. In fact, it's the opposite. If you're not emotionally okay, you won't have anything left to give to someone else.