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“Boundaries empower you to say 'yes' to what serves your soul and 'no' to what doesn't.”

-Valerie Mirto

Instructions:

What are boundaries? Boundaries are the limits and rules you set in your relationships with others to protect your emotional, physical, and psychological well-being. They are personal standards that define what behaviors are acceptable, helping to ensure respect and prevent stress or burnout for yourself. Some types of boundaries include physical (e.g., not touching), emotional (e.g., needing time to process), and mental (e.g., communication regarding opinions, beliefs, and values).



Key aspects of boundaries:

- **Protection:** Boundaries protect your time, energy, feelings, and personal space from being overextended or disrespected.
- **Guidance:** They provide clear guidelines for how you want to be treated and can help reduce conflict and confusion.
- **Self-care:** Setting boundaries is an act of self-respect and self-care, helping to prevent burnout, resentment, and anxiety.
- **Types:** Boundaries can be physical, emotional, verbal, time-based, or relate to your responsibilities and possessions.
- **Flexibility:** Boundaries are not always rigid; they can be flexible and adapted to different relationships, situations, and life stages.
- **Consequences:** Effective boundaries include clear communication about what will happen if a boundary is crossed, whether it's ending a conversation or taking another action.

In consideration of boundaries, you are invited to **"create the boundary that supports nourishment for you, while giving yourself grace through the holiday season."**

There is space for self-customization here! Here are some things you could contemplate before you begin. If this feels overwhelming, pick just one boundary that could support you and go with that:



1. What is your relationship with boundaries as you tend to your grief?
2. Where are you lacking boundaries? Where do they exist?
3. Which boundaries are most important right now?
4. How can I stick with the boundaries I create and hold myself accountable to provide nourishment for my being?
5. How can I communicate my boundaries with kindness and compassion for all without worrying about how others will respond?

Find a quiet, calm, solitary space where you can breathe, center, and ground yourself. Gather your writing materials and begin when you are ready.

The Invitation:

to "create the boundaries that support nourishment for you, while giving yourself grace through the holiday season."

