

# Setting & Maintaining Boundaries for Energy

## 1. REFLECT ON YOUR PRIORITIES

Identify your core values & priorities. Ask yourself 'What's most important to me?' Consider the activities you do, and people you interact with in relation to your values – are they supporting you or detracting you from these?

## 2. DEFINE YOUR LIMITS

Determine your physical, emotional, and mental limits.

Ask yourself:

'What are my physical limits' eg for sleep, social activity....

'What are my emotional limits' eg how much emotional support time can I honestly provide a loved one before I'm drained.

'What are my mental limits' eg how often do I need breaks when I am working and using my mental faculties.

## 3. PRACTICE SAYING NO

Practice saying no respectfully but firmly when a request doesn't align with your priorities or energy levels.

Some example phrases to try on for size/feel "I appreciate your offer. I'm not able to commit at this time", or "I'm currently unable to commit to this." Or "That sounds like fun. I do have a lot on at the moment and I'm not currently in a position to take on an additional activity"

## 4. PRIORITISE SELF-CARE

Schedule regular self-care activities that rejuvenate you. Make a list of what your top 3 are. Some examples: a hobby, or bushwalking, baking, crafting, catching up with a friend, spending time out on your own.

# Further considerations in setting & maintaining boundaries

## Evaluate Commitments

Before accepting a new commitment, assess its impact on your time and energy. Ask yourself what you would be sacrificing if you say yes.

## Communicate Boundaries Clearly

When setting a boundary, express your needs and limitations clearly but kindly. Use "I" statements to focus on your feelings and needs, while sharing empathy for others' perspectives.

## Practice Boundary Maintenance

Regularly reassess your boundaries to ensure they align with your changing priorities and energy levels. Adjust and reinforce boundaries when necessary.

## Seek Support

Share your boundary-setting journey with trusted friends or a therapist.

Seek guidance from others who have experience in maintaining healthy boundaries.

## Embrace Guilt-Free Boundaries

Understand that setting boundaries is an act of self-care, not selfishness.

## Monitor Your Energy

Consider keeping a journal to track your energy levels throughout the day. Use this information to make informed decisions about commitments and boundaries.

*Setting and maintaining boundaries for energy management is a valuable skill that allows you to protect your well-being and prioritise what truly matters to you. By saying no when necessary and setting clear boundaries, you can maintain your energy, reduce stress, and create a balanced and fulfilling life. Remember that boundaries are a*