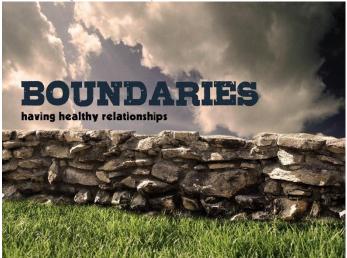In this world of Covid – 19 do you suddenly feel as if there are no boundaries in your life? Everything has melded together including our roles and responsibilities at work, home, online learning, and staying current with the coronavirus updates, just to name a few. Where does one role or responsibility end and another begin? They have all seemed to have melted together to the point where we don't even know

at times what we are supposed to be doing!

Boundaries come in many different forms such as physical, intellectual, emotional, materials and time. You can read more about each different boundary here. Once we have identified where boundaries are needed, we can harness the power of healthy boundaries. In identifying personal boundaries we are able to safely navigate personal and professional relationships. The benefits of personal boundaries include protection from unsafe relationships, improved self esteem and personal growth. Think of personal boundaries like invisible bubbles that surround us and keep us safe from both ourselves and others while promoting healthy living. We all have limits, the trick is being able to identify our limits and set effective boundaries that will insulate our emotions and physical space.

You have the right to set boundaries in your life! Your rights, as discussed by Chesak (2018) include:

- I have a right to say no without feeling guilty

- I have a right to be treated with respect

- I have a right to make my needs as important as others

- I have a right to be accepting of my mistakes and failures

- I have a right not to meet others' unreasonable expectations of me

Healthy boundaries, also, involves a personal awareness of your values and personal goals. Due to the pandemic, we are facing an uncertain life with new fears and challenges from our family either being under one roof or socially distanced from us. Many of us have been forced to accept multiple roles that often create competing priorities and leave us little choice but insomnia, or being the bad guy. How can you sort this out? Try listing three areas of your life that you feel have weak boundaries (watching television, eating habits, technology use, 24/7 responding to family, friends and work, lack of sleep, daily

happy hour, short temper, online shopping, or other). Now, list a healthy boundary for each of your three areas listed. How can you bring balance to respect these boundaries?

Allow yourself to set healthy boundaries and set yourself free. There are some great tips for setting healthy boundaries available. Take the time to evaluate what in your life is making you stressed and where your boundaries are being infringed upon by others or circumstances. Take control of your personal boundaries, enact your rights and begin to feel the relief from the ongoing pressure to perform.

Resources

Chesak, J. (2018). *The no BS guide to protecting your emotional space*. Retrieved from https://www.healthline.com/health/mental-health/set-boundaries

Therapist Aid. (2016). *Tips for healthy boundaries*. Retrieved from https://www.therapistaid.com/worksheets/healthy-boundaries-tips.pdf

Therapist Aid. (2016). *What are personal boundaries?* Retrieved from https://www.therapistaid.com/worksheets/boundaries-psychoeducation-printout.pdf