

# Frameworks EQ COMMUNITY NEWSLETTER™

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EMOTIONAL INTELLIGENCE (EQ) & SETTING HEALTHY BOUNDARIES



## HOW SHOULD ONE SET HEALTHY BOUNDARIES?

*by Eddie Underwood, Education Program Specialist*

Setting healthy boundaries is essential to establishing one's limits for mental and emotional stability and is a crucial aspect of mental health and wellbeing. Healthy boundaries help one discover identity and what defines them. It helps to establish responsibility. Author and motivational speaker Tony Gaskins puts it this way, "You teach people how to treat you by what you allow, what you stop, and what you reinforce." Healthy boundaries are important and it takes courage to take care of yourself knowing that you might disappoint someone else, feel guilty, or even selfish. Your worth and wellbeing are important. Healthy boundaries will look different depending on the setting. Boundaries need to be in place in all aspects of life, as well as respecting the boundaries of others. This month's newsletter contains tips for setting and maintaining healthy boundaries.

### EARLY LEARNING

Young children are learning how to navigate so many new things and they need help from caring adults to understand how to interact and behave. One of the first ways we set boundaries with young children is by telling them "no." "No throwing." "No yelling." "No pulling hair." This is a good first step, but it can sometimes leave them confused. If I can't yell, how do I express my big emotions? Adults can support young children with learning how to behave in safe and kind ways by following up their "no" statements with what the child should do instead. For example, telling a child "No yelling - we talk calmly when we tell someone what we want" while modeling the soft, calm tone you expect from them. Showing and telling a child what they should do, rather than what they shouldn't, gives them a better idea of how to correct this behavior so that they can successfully learn and follow boundaries from an early age.

### ELEMENTARY SCHOOL

Boundary setting and testing is an opportunity for school-aged children to practice expressing their preferences and making decisions within the limits of their environment. This is especially true as they spend more time outside the home with peers and other adults such as teachers or coaches. We can help children learn to kindly but assertively vocalize their likes and dislikes while simultaneously reinforcing the need to respect others' boundaries. Giving children examples of sentence starters like "I don't like it when..." is a great strategy for setting healthy boundaries. Adults can model using this language, too. When you model expressing your boundaries and respecting the boundaries of others, children are more likely to adopt this behavior as well.

### MIDDLE SCHOOL

As our students prepare for their next year of school, start having conversations about what healthy boundaries look like for your preteen. Reflect on boundaries you had, or wish you had, when you were their age. Ask them what boundaries they would like to have and help them establish them. Maybe they need a few minutes to themselves to decompress after their day before they start their homework. Listen to their needs and let them know through your actions and words that their needs and boundaries are important to you.

### HIGH SCHOOL

High school is a high stress time for teens. One way we can help is by having our students list their priorities and reflect on what is important to them before the year begins. Let them know their needs are important and help them establish healthy boundaries. Talk about what healthy boundaries might look like with their friends and within the family. Model how to set boundaries and give them a safe place to practice their own. Let your teens know you are there for them to listen and support them as they move towards their goals.



# SETTING HEALTHY BOUNDARIES

by Emily Stewart  
Community Programs Specialist-  
Family Engagement

Learning to say **no** can be one of the most powerful ways to practice self-care and set healthy boundaries. While it can be challenging to set healthy boundaries for ourselves and to enact them with those around us, it is necessary to keep from stretching ourselves too thin. Constantly saying yes to family, friends, and coworkers can lead us down a path of burn out and exhaustion. Learning to set healthy boundaries as a positive form of self-care helps us to not only understand our own limits, but it also helps to set the expectation for others regarding what we will and will not accept. If you've ever felt like there is too much to do, and not enough time to do it in – you may need some support in learning how to create and maintain healthy boundaries that work for you. Here are a few phrases you can utilize to help express your boundaries:

- Let me get back to you.*
- I can't add anything to my plate right now.*
- I appreciate the invitation, but I have to pass this time.*
- And the ever simple: No, thanks.*

<https://betterhumans.pub/how-to-say-no-actual-phrases-for-better-boundaries-b5d824e2b7e9>

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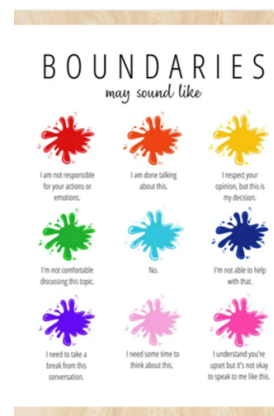
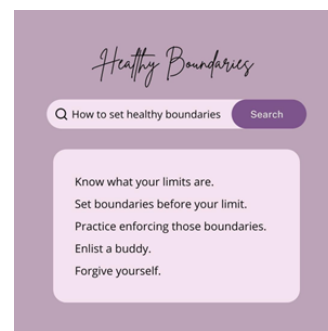
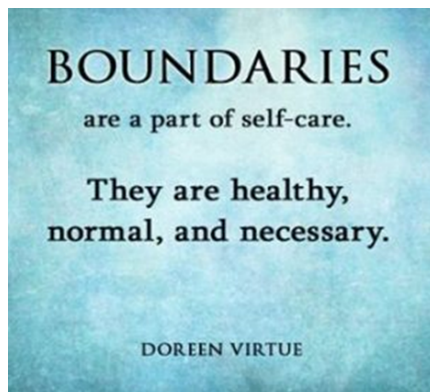
# STEPS FOR WELLNESS AND SELF-CARE

by Mabel Filpo  
Education Programs Specialist-  
Early Childhood

Creating healthy boundaries eases the steps for wellness and self-care. As you have more time to focus on your priorities, it allows you to get closer to your goals. You are still filling your bucket with new experiences, learning opportunities, and fulfilling professional or personal goals, but at the same time maintaining a healthy balance. Here are some tips for setting healthy boundaries:

1. List your priorities: It allows you to visualize your projects, focus, and manage your time successfully.
2. Reflect: Take time to think of the meaning of boundaries in different aspects of your life. For example, time, intellectual, emotional, or physical boundaries. This is also an opportunity to reflect on your approach to honor other people's boundaries.

- Use the "I" statement: This helps people share their needs and feelings, which involves honesty and communicating in healthy ways with others.
- Stick to your boundaries. Too much flexibility in your boundaries could lead to stress. Remember, you create boundaries based on your ability and your needs.



# RESOURCES AND READINGS

by Brian Schank  
Senior Education Program  
Specialist

The following are some resources to help with setting healthy boundaries. Having a plan always helps us achieve goals in life, and a plan to meet a goal to set healthy boundaries is your starting point for getting those boundaries in place. Remember to start with baby steps, and do not beat yourself up when you cross some of the boundaries you have put in place. You are working to improve your self-esteem and you are carving out a path to get where you want and need to be.

- [Healthy Boundaries: How to Set Them? | Calmerry](#)
- [How to Set Healthy Boundaries: 10 Examples + PDF Worksheets \(positivepsychology.com\)](#)

Remember, you are practicing self-care here, and "self-care isn't selfish".

## Tampa Oyster Fest 2022

Sponsorship Guide:  
**CLICK HERE**

Tickets will go on sale  
September 1, 2022



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