

# **The Interconnectedness of Self-Care and Healthy Boundaries**

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# Course Objectives

- Define and identify professional boundaries.
- Exhibit increased ability to identify types of boundaries.
- Achieve a deeper understanding of dimensions of wellness.
- Identify ways to maintain and/or improve aspects of self-care.

# BOUNDARIES



# Types of Boundaries

There are many different types of boundaries that we can set for ourselves, including:

- ❖ Physical
- ❖ Time
- ❖ Conversational
- ❖ Relationship
- ❖ Personal

# Physical Boundaries

Boundaries we set for ourselves to ensure physical safety and proximity

# Time Boundaries

Help to create a healthy mindset and schedule for ourselves.

# Conversational Boundaries

Limits about what topics we are open to discussing and what topics we do not feel comfortable talking about.

# Personal Boundaries

**G**uidelines and rules we set for ourselves to ensure we are being aware of our needs and being aware of how we can respect and meet those needs in a healthy way.



# Relationship Boundaries

*Limits that are discussed and agreed upon with your partner, family, coworkers, and close friends.*

# Professional Boundaries: Where to Start

# Personal Boundaries

## 1. Assess Your Personal Boundaries First

- ◉ Where's my comfort zone?

# Communicate Clearly

## 2. Communicate Clearly

- Boundaries are invisible lines that people won't always automatically understand not to cross

# Respond to Boundary Crossings in Real-Time

## 3. Respond to Boundary Crossings in Real-Time

- Respond *directly* in a timely manner.

# Keep Your Relationships Professional

## 4. Keep Your Relationships Professional

- Boundaries are all about respect – first for yourself and then for the other person.

Learn to Say “No”

**“NO”**

# Self-Care: Beyond the Fad





# Caring for YOU

What does self-care mean to you?

What thoughts come to mind when you hear the phrase “self-care”?

How would you describe your current self-care?

# A Deeper Love

Self care is...

- ◉ Being engaged in your medical care
- ◉ Attending to your mental emotional health.
- ◉ Tending to your daily activities of living.

# Move w/ Intent

- ◉ While self-care is about grounding and recentering.
- ◉ Its just as important to use it to achieve resolution.

# Wellness is...



# IMPROVING OUR EMOTIONAL WELLNESS

- ◉ **Emotional Wellness** involves the ability to express feelings, adjust to emotional challenges, cope with life's stressors, and enjoy life.

# Emotional Wellness (cont.)

AREA	THINK ABOUT...	RESOURCES
Feelings/ Emotions	<ul style="list-style-type: none"> <li>• Do you allow yourself to be open to and acknowledge your feelings without judgment?</li> <li>• Have you found and developed safe relationships with people or groups where you can express your feelings and thoughts?</li> <li>• Do you see challenges as opportunities for growth?</li> <li>• Do you recognize your limitations and learn from your mistakes?</li> <li>• Are you taking responsibility for your actions?</li> </ul>	<ul style="list-style-type: none"> <li>• Reflect each day on your emotions, what can they teach you, and how you can express them.</li> <li>• Consider using a journal to record feelings and thoughts.</li> <li>• Develop regular habits that help you process and deal with your feelings effectively so you move forward in fulfilling your emotional needs.</li> <li>• Find a place where you feel the most comfortable and go there when you feel a need for comfort, quiet space, or safety.</li> </ul>
Self-Care	<ul style="list-style-type: none"> <li>• Have you joined support groups, or thought about starting one?</li> <li>• Do you write your thoughts in a journal, listen to music, or talk to family or friends when you are in need?</li> <li>• Have you tried yoga, breathing, or meditation to remain calm and centered?</li> <li>• Are you maintaining a daily routine?</li> <li>• Do you leave yourself plenty of time to get to work and other obligations?</li> <li>• Are you eating some meals without distractions, like checking your phone or watching TV?</li> </ul>	<ul style="list-style-type: none"> <li>• Discover what you like to do best, and do it often. It will help keep your spirits and emotions up.</li> <li>• Find an outlet for physical activity, such as a sports league or a gym/fitness center.</li> <li>• Take some time to yourself regularly.</li> <li>• Identify resources that can help you with a sleep schedule or ideas for meal planning.</li> <li>• Practice positive self-affirmations. Develop a positive statement to repeat to yourself daily. When you change your thoughts, you can change your mood and attitude.</li> </ul>
Stress	<ul style="list-style-type: none"> <li>• Are you learning to manage stress in ways that work for your lifestyle?</li> <li>• Do you recognize stress triggers and appreciate that you are not your feelings? Feelings are fleeting and will pass.</li> <li>• Do you welcome and cultivate positive, empowering thoughts and emotions?</li> </ul>	<ul style="list-style-type: none"> <li>• Take a step back when in a stressful situation.</li> <li>• Practice deep breathing or other relaxation techniques.</li> <li>• Try out different coping exercises or strategies when not in a stressful situation. When challenges arise, you will be better prepared to deal with them.</li> <li>• Practice finding positives (a silver lining) in something that you feel is negative. Support others in doing this, as well.</li> </ul>

# IMPROVING OUR SPIRITUAL WELLNESS

- *Spiritual Wellness Dimension* is a broad concept that represents one's personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace. It includes:

# Spiritual Wellness (cont.)

AREA	THINK ABOUT...	RESOURCES
Beliefs	<ul style="list-style-type: none"><li>• Are you taking the time to determine what values, principles, and beliefs are important to you? Have you considered talking about them with others?</li><li>• Have you learned about other religions and beliefs, and are you respectful of them?</li><li>• Are you using your spirituality to drive your actions and thoughts and give a better meaning to life?</li></ul>	<ul style="list-style-type: none"><li>• Read about other types of beliefs to help you become more understanding, accepting, and open-minded.</li><li>• Keep your beliefs in your thoughts to use them in your everyday life.</li><li>• Share your beliefs, values, and principles with others, as appropriate, as a means of deepening relationships and expanding your world view.</li></ul>
Involvement	<ul style="list-style-type: none"><li>• Have you looked for a group in your community that deepens your spiritual practice and helps you connect with others who share your beliefs?</li><li>• Are you being social with the people in your organization?</li><li>• Do you reach out and help others when they are in need?</li></ul>	<ul style="list-style-type: none"><li>• Learn about different organizations or groups in your community and decide which ones are the best fit for you.</li><li>• Find out about the many groups offered within your organization and get involved.</li></ul>
Time	<ul style="list-style-type: none"><li>• Do you take the time each day to meditate or reflect on your spirituality?</li><li>• Are you open to exploring different belief systems?</li><li>• Are you receptive to your own spirituality even in times of pain and grief? This is when we find how our spirituality can help us most.</li><li>• Do you take the time to appreciate the beauty of nature when possible?</li></ul>	<ul style="list-style-type: none"><li>• As often as possible, find a peaceful location to reflect and meditate.</li><li>• Learn other religions through books or conversation.</li></ul>



# IMPROVING OUR SOCIAL WELLNESS

- **Social Wellness Dimension** involves having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others and humankind.

# Social Wellness (cont.)

AREA	THINK ABOUT...	RESOURCES
Community	<ul style="list-style-type: none"> <li>• Have you found support groups in your area to connect on important issues?</li> <li>• Have you made a date with friends for a movie, dinner, coffee, or other social activities?</li> <li>• Are you keeping in touch with family or friends? You can pick up the phone and catch up if they are too far away—even a phone call can lift your spirits.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask your doctor, a friend or family member, someone from your congregation, or others in your community about support groups.</li> <li>• Look online or in the local paper for groups that share your interests—whether it's knitting or playing softball.</li> <li>• Pick up the phone and connect with others.</li> </ul>
New People	<ul style="list-style-type: none"> <li>• Are you getting out and meeting people with your same interests? If you like art, try a gallery; if you enjoy history, visit historic sites.</li> <li>• Are you open to meeting people from different backgrounds?</li> <li>• Have you found a place to volunteer? You never know who you might meet.</li> </ul>	<ul style="list-style-type: none"> <li>• Look in the newspaper to find out what is happening in your area that could be an opportunity to make friends.</li> <li>• Keep an open mind and exercise your curious inquiry when meeting new people.</li> <li>• Ask in your spiritual community or any other community about volunteer opportunities.</li> <li>• Join meet-up groups online.</li> </ul>
Social Time	<ul style="list-style-type: none"> <li>• Do you set aside quality time to spend with family and friends?</li> <li>• Are you making time to go to places where you can meet new people, or visiting a new location?</li> </ul>	<ul style="list-style-type: none"> <li>• Keep track of when you need to catch up with someone or when a friend or family member is due for a visit.</li> <li>• Organize a calendar of events that would be good ways to connect, or reconnect, to friends, like a public concert or a class reunion.</li> </ul>



# Lack of Boundaries and Healthcare Workers

According to the CDC (2023):

- **Burnout:** In 2022, 46% of health workers reported feeling burned out often or very often.
- **Harassment:** The percentage of health workers who reported experiencing harassment more than doubled, going from 6% in 2018 to 13% in 2022.
- **Trust in management:** In 2022, 78% of health workers agreed or strongly agreed that they trusted management.
- **Workplace productivity:** In 2022, 82% of health workers reported that their workplace conditions supported productivity, down from 91% in 2018.
- **Turnover intention:** In 2022, the percentage of health workers who intended to look for a new job increased to 44%, up from 33% in 2018.

# Workplace Well-being

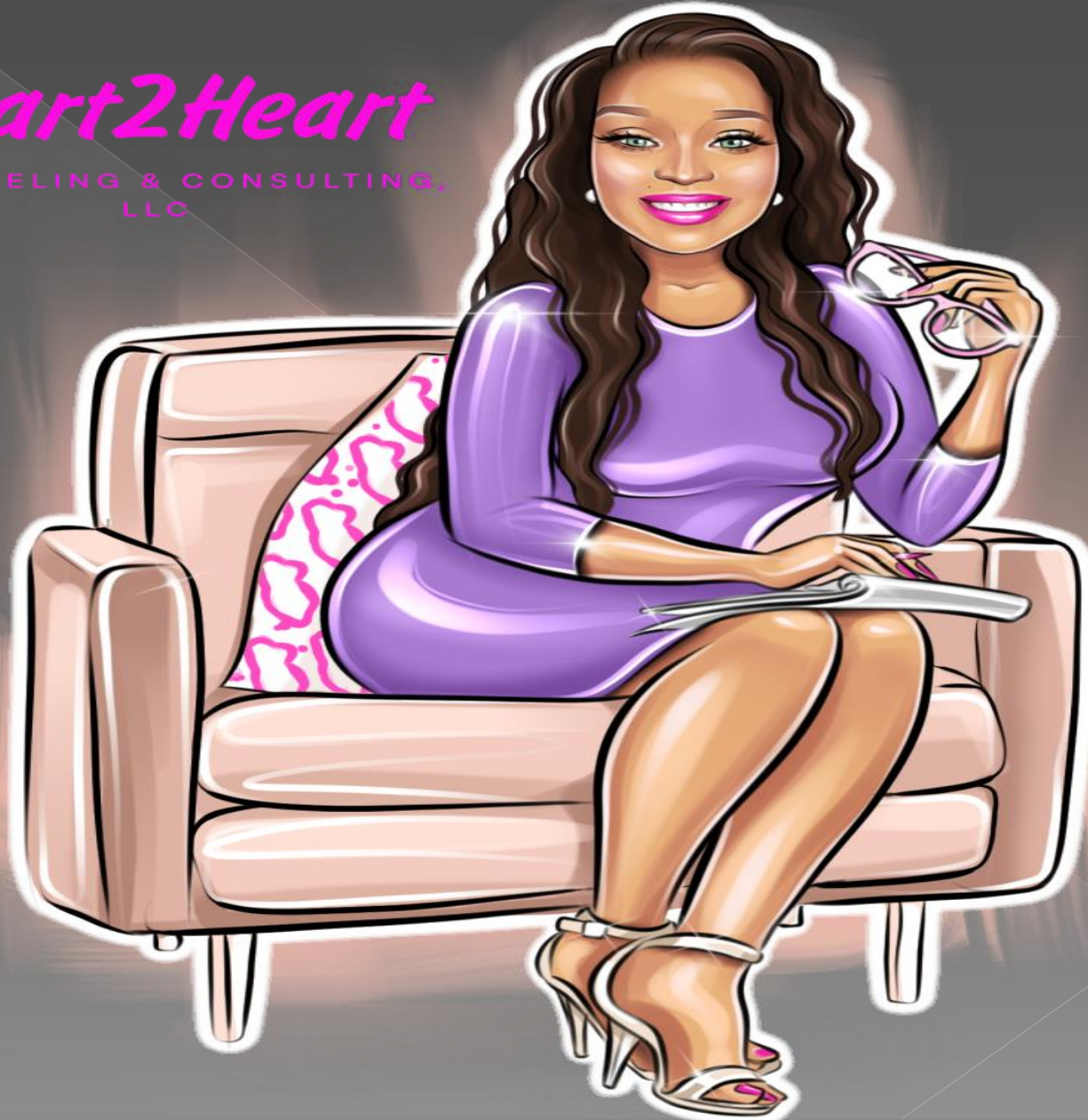
According to the CDC, healthcare workers reported fewer mental health issues when working in supportive environments where:

- ◉ They are involved in workplace decisions.
- ◉ There is trust between management and workers.
- ◉ Leadership is proactive and supportive.

?Questions or Comments?

*Heart2Heart*

COUNSELING & CONSULTING,  
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