

Two Cents & A Penny For Your Thoughts.

Two Cents: Boundaries

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Who needs boundaries?
EVERYONE and they are needed in every relationship you have.

What are boundaries?
Your personal limits. They are your individual values and beliefs, which ultimately protect your well-being, and sense of self across your relationships. They define what you are comfortable with. Think of boundaries as an invisible line that separates you from others in order to maintain your emotional, intellectual, spiritual, and physical self. They are a road map for others to know how to treat you, while casting a vision to others of what they can expect from you.

When do boundaries matter?
24 hours a day / 7 days a week

Where do you use boundaries?
They are your values and beliefs, for this reason you use them wherever you are.

Why do boundaries matter?
They put you in control of your life, giving you freedom over how you live and spend your time.

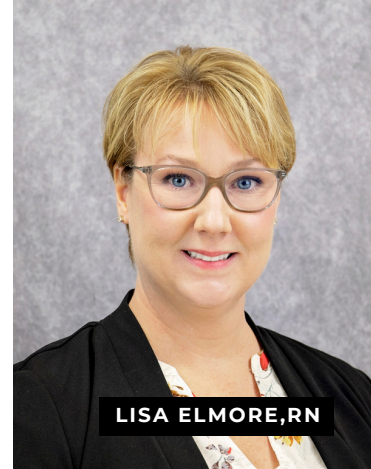
How do I communicate my boundaries?
Here are examples of different types of boundaries and ways to communicate them.

PHYSICAL- for personal space, your comfort with touch, and your physical needs like needing to rest, eat food, and drink water. It is ALWAYS OK to let people know that you don't want to be touched or that you need more space.

- "I am really tired. I need to sit down now."
- "Can I give you a hug?"
- "I am not a big hugger. I am a handshake person."
- "I need to eat. I am going to go grab something."
- "I am allergic to [insert here], so we can't have that in our home."
- "No. I don't want you to touch me like that."

EMOTIONAL- are all about respecting and honoring your feelings and energy.

- "When I share my feelings with you and get criticized, I shut down. I will only share with you if you are respectful."



LISA ELMORE, RN

"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others."

- Brene Brown

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- "I am so sorry you are having such a tough time. I am not in a place to take in all of this information. "Do you think we can come back to this conversation later?"
- "I am having a hard time and really need to talk. Are you in a place to listen right now?"
- "I really can't talk about that right now. It isn't the right time."

TIME- to maintain your priorities. Holding space for what matters to YOU, so that you do not overcommit.

- "I can't come to that event this weekend."
- "I can only stay for an hour."
- "Do you have time to chat today?"
- "I would love to help, but I would be overcommitting myself. Is there another time?"
- "We have family time on Sundays, so we won't make it."

INTELLECTUAL- valuing your own thoughts, ideas, and curiosities and others.

- "I know we disagree, but I won't let you belittle me like that."
- "I would love to talk about this more, but I don't think talking about it at this time is the best."
- "When we talk about this, we don't get very far. I think it is a good idea to talk about something else for now."
- "I can respect that we have different opinions on this."

MATERIAL- focusses on personal items and possessions like your home, car, clothing, money, etc.

- "I can't lend out my car. I am the only person on the insurance."
- "I don't lend money."
- "Sure! I am happy to share that with you. Just a heads-up, I do need it back by Friday."



Because so few of us were taught to understand what boundaries actually are, we rarely see evidence of them working. When they do, YOU FEEL IT—it does wonders for you and your relationships. The more we set boundaries, the more we recognize them. In setting boundaries, we help people show up for us, while becoming better at showing up for them.

If you are feeling overwhelmed, drained of energy, avoid conflict at all costs, feel responsible for other people's feelings, feel taken advantage of, don't have time to do the things you enjoy, apologize excessively, have feelings of guilt and/or resentment, need the approval or to be liked by others, or maybe you are wishing something would change and to feel better, it is ok.

There are seasons that ALL of us could use extra support.

Contact Van Buren County Hospital at 319-293-3171 for resources and support.

Send your mental wellness thoughts and questions to seniorlifesolutions@vbch.org, we look forward to connecting and sharing what is important to you in the next quarterly edition of "TWO CENTS AND A PENNY FOR YOUR THOUGHTS".

Lisa Elmore