

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Indiana University of Pennsylvania Counseling Center

What are Boundaries?

Boundaries are expectations and needs that help you feel safe and comfortable in your relationships.

Expectations in relationships help you stay mentally and emotionally well.

Learning when to say no and when to say yes is also an essential part of feeling comfortable when interacting with others.

Types of Boundaries

With Others	With Myself
Family Members	Finances
Work	Technology
Romance	Self-Talk
Friendships	Food
Organizations	Alcohol/Substances
	Faith/Religion
	Sexual Health
	Physical Health

Unhealthy versus Healthy Boundary Setting

Unhealthy

Physical Boundary Violations

- Physical Abuse
- Forcing hugs, kisses, or handshakes
- Reading someone's journal or another form of invasion of privacy

Emotional Boundary Violations

- Sharing too much too soon
- Emotional dumping/excessive venting
- Telling people how to feel, such as "You shouldn't be sad about that"
- Gossiping about the personal details of another person's life.

Time Boundary Violations

- Calling multiple times in a row for non-emergencies
- Expecting someone to drop everything in order to provide help.
- Asking others to do things for free.

Healthy

- Verbalize your need for physical distance to others.
- Be clear with others about your discomfort with certain types of physical touch, such as hugging.

Example: "I'm more of a handshaker; I don't want to hug."

Examples of Healthy Emotional Boundary Setting

"When I share things with you, I expect you to keep them confidential."

"I hear you that you have a lot of things going on. I don't feel equipped to help you. Have you considered a therapist?"

"I feel uncomfortable sharing my feelings right now."

- Before you say yes to a request, check your calendar to make sure you're not over-committing.

- When you're busy, allow calls to go to voicemail and texts/emails to go unread until it's convenient for you to respond.

Ex: "I have class from 9am-6pm, so I'm not available to chat during the day."

Examples of Assertiveness

- Saying no to anything you don't want to do.
- Telling people how you feel as a result of their behavior.
- Sharing your honest thoughts about your experiences.
- Responding in the moment.
- Instead of talking to a third party, talking directly to the person you have issues with.
- Making your expectations clear up front instead of assuming people will figure them out.

"Don't betray yourself to please others."

IUP

Crimson Connect



IUP

Student Life Calendar



New Ways to Connect!

Togetherall is a safe, online community to share feelings anonymously and get support to improve mental health and wellbeing. In the community people support each other, safely monitored by licensed and registered mental health practitioners.

www.togetherall.com



togetherall