

05 May 2025

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Boundaries, Please!

If you are seeking less stress, more opportunities for self-care, and feelings of comfort and safety, look no further than setting boundaries! Boundaries are meant to keep people safe, not meant to keep people out, and they can exist in all areas of life. Here are five ways to explore boundary setting this month:

- Set app limits on your digital devices! Having boundaries around what you're doing and how often you're on your devices can be a game changer and open up other opportunities.
- Identify 15 minutes each day that you can devote to self-care. This could be taking a walk, getting extra rest, or making a healthy meal.
- Establish a nighttime routine by implementing a bedtime. Being well rested can reduce stress and help you think clearer.
- List all your commitments. This allows you to evaluate how you are spending your time.
- Ask yourself three questions
 1. Does this need to be done?
 2. Does this need to be done by me?
 3. Does this need to be done now?

**Unsure of how to set boundaries?
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how our counseling services can be of
service to you!**

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