

SETTING BOUNDARIES

FOR CAREGIVERS

BOUNDARIES

“Something that indicates or fixes a limit or extent” - Merriam Webster Dictionary



SIGNS TO SET BOUNDARIES

- You feel resentful
- You feel exhausted
- You feel obligated
- You feel anxious



STEPS TO TAKE

- Identify barriers
- Seek solutions
- Know your limits and recognize your needs
- Trust your intuition
- Take time to think about requests before responding
- Communicate clearly and effectively

BENEFITS

- Retain our identity
- Promote healthy relationships
- Allow us to be assertive
- Empower us to strive for personal goals
- Improve self-respect and self-esteem
- Establish empathy
- Promote self-care

