

Keep Learning | **Setting Boundaries for Success**

To set yourself up for success in a new working/learning environment, advocate boundaries for yourself, not just in regards to relationships but also set boundaries with your time and space.

**Setting Boundaries with Parents, Caregivers & Other Household Members**

* Proactively discuss scheduling for expectations around work time vs off- time (eg, class/group meetings fall during dinner time)
* Advocate with “I” statements – start sentences with “I” such as I feel or I need
* Avoid starting sentences with “You” as that language may escalate conflict.
* Communicate proactively with those in your shared space about what a closed door means / when you need privacy.
* Consider their perspective:  Have you grown / changed since you last lived with them? How can you best introduce and present the “new” you?
* Identify your own triggers or personal limits and communicate them when you are calm.

**Setting Boundaries with Friends**

* Dedicate time for yourself
* Set times to connect with your friends and times where you are not disturbed
* Talk about how often you would like to connect via text, group chat or facetime
* As we all adapt, listen to your friends and family members concerns, but don’t take on their worries. Refer to helpful resources instead.
* Build a wide support network for yourself and encourage others to do so as well.

**Setting Boundaries with Your Space**

* As much as possible, set certain spaces for each of the following activities:
* Schoolwork (class, studying, homework)
* Sleep
* Relaxation / hobbies / play / virtual socialization
* Connection with others

**Setting Boundaries with Your Time**

* Schedule when you will do schoolwork (start and end times)
* Adhere to a good sleep/wake schedule--Keep bedtime protected for sleep
* Schedule video chats with friends that are supportive of your class and sleep schedule.
* Since you will be spending more time online, try to set times in your schedule to be screen free in order to support your well-being and protect yourself from eye strain.

**RESOURCES TO SUPPORT BOUNDARY SETTING**

Positive Psychology Boundaries <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>