

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:
 - o Schoolwork (class, studying, homework)
 - o Sleep
 - o Relaxation / hobbies / play / virtual socialization
 - o 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/>