

Boundaries - Part 2

Boundaries and Self-Care

We tend to think of self-care as watching our diet, exercising, having that special mani-pedi, or having a massage that works out those tension knots. We know the significance of connecting with our friends for prayer and socialization, even the importance of being a part of a healthy community in which our neurodiverse circumstances are validated and understood. I'm sure that some of you can think of even more examples.

However, did you know that a very meaningful aspect of self-care is Boundaries. Setting boundaries is a profound act of self-care, as they protect our physical, emotional and mental health.

Take a minute to view all that setting boundaries provide us:

- *we work on managing our stress to avoid; burnout, feeling depleted, taken advantage of, taken for granted or intruded upon

- *it's a way of nourishing our mental health by allocating our time and energy

- *they can help us feel secure, and be a vital step in maintaining healthy relationships

- *they help us to avoid resentful feelings, disappointments, and anger

- *they place us in a position to say "NO" to things we don't want to do

When we choose to set boundaries, we are giving ourselves permission to not have to take on everything. They assist us to hear requests as questions rather than as demands. They help us to draw clear lines as to what is okay for us, and that which is not. Clear boundaries lessen complications and then allow us to be connected. They show us respect for relationship and then provide safe strength.

Lord, I pray that as we delve more into boundaries, You guide us on how and where to apply this much needed skill in each of our lives, amen.