SETTING BOUNDARIES

Some tips for setting boundaries during COVID-19

What are boundaries?

Boundaries are limits or space you set between yourself and another person or thing. The purpose of boundaries are to protect your well-being and allow space to take care of yourself. Boundaries can be psychological, emotional, or physical. Setting boundaries is an important way to focus on self-care, as they can prevent burnout.

Source: https://positivepsychology.com/great-self-care-setting-healthy-boundaries/

News Consumption

It's possible to set boundaries around how much news we consume but still have the desire to stay informed. This can look like setting a time once a day to check the news, or setting "news free times" in order to stay up to date on important updates without feeling overwhelmed. Remember a lot of news is repetitive right now, and you don't need to read every article to be informed.

Productivity and rest

With more time spent at home, there is more pressure to be productive, whether that is starting a new project, taking up a new hobby, or starting a new fitness plan. It's okay to desire to be productive while also wanting rest. Evaluate how you feel after completing a day of your basic responsibilities, and add more to it based on what you feel you can do.

Talk about boundaries

If you live with family or roommates, it can be useful to discuss the boundaries you have each set. For example, "when I have my headphones in I am having me time". This way everyone can become aware of each other's boundaries and provide space for each other to abide by them.

Home and work life

Having to conduct all aspects of our lives from our homes - school, work, socializing can cause the boundaries to blur. By finding some sort of separation, you can find a balance between work and home-life. Try setting up your work space at a desk or table, and only doing work/school from there. If not possible, try to stick to the same routine and work in set hours to help you find separation.

Screen time

While technology is one of the key reasons why we are able to remain connected during social distancing, it can be easy to become completely immersed in it. Try and schedule breaks from screen time and go for a walk or spend time with someone you live with. If you are feeling burned out, recognize it's okay to miss out on a Zoom call (if not a required one for school/work) to take some time to yourself.

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