



Maintaining boundaries for self-care

Maintaining healthy boundaries is essential for overall well-being and self-care. Learning how to say no respectfully is a key component of boundary setting.



Physical Boundaries protect your personal space and privacy.



Emotional Boundaries protect you against emotional manipulation, and abuse and help you respect others' feelings



Time Boundaries allow you to set limits on how you allocate your time and important commitments like study. You can prioritize self-care and other commitments.



Material Boundaries allow you to decide what you are willing to share or lend.

How to Maintain Boundaries



Self-awareness: deciding ahead of time allows you to identify what your personal limits are and where boundaries are necessary.



Clear communication: express your boundaries calmly and assertively by using “I” statements to convey your feelings and needs.



Be Consistent: Do not make exceptions unless it's a conscious choice. Set consequences if your boundary is violated.



Learn to say no: Saying no is not selfish when used in a polite and respectful way. You can appreciate the request and still focus on your needs and feelings. Don't apologize excessively or over-explain; stand by your decision.



Seek support: Discuss your boundaries with trusted friends or a therapist. Ask for help in maintaining your boundaries when learning this skill to assist you avoid burnout and maintain your self-care. It's important to prioritize your needs.



Remember: Boundaries are not walls; they are bridges to healthier connections and a more balanced life.



Seek support:
Medical School
Student Support