



Wellness:

The balance of self-care
and boundaries.

Nicole Taylor, LPC



A decorative border of various flowers and foliage surrounds the central text. In the top left, there are pink lilies. In the top right, there are white and yellow lilies. In the bottom left, there are pink and yellow daisies with green ferns. In the bottom right, there are yellow and blue lilies with green leaves.

What qualities
make you a
good teacher?



What is
wellness?



Physical

Financial

Social

Spiritual

Intellectual

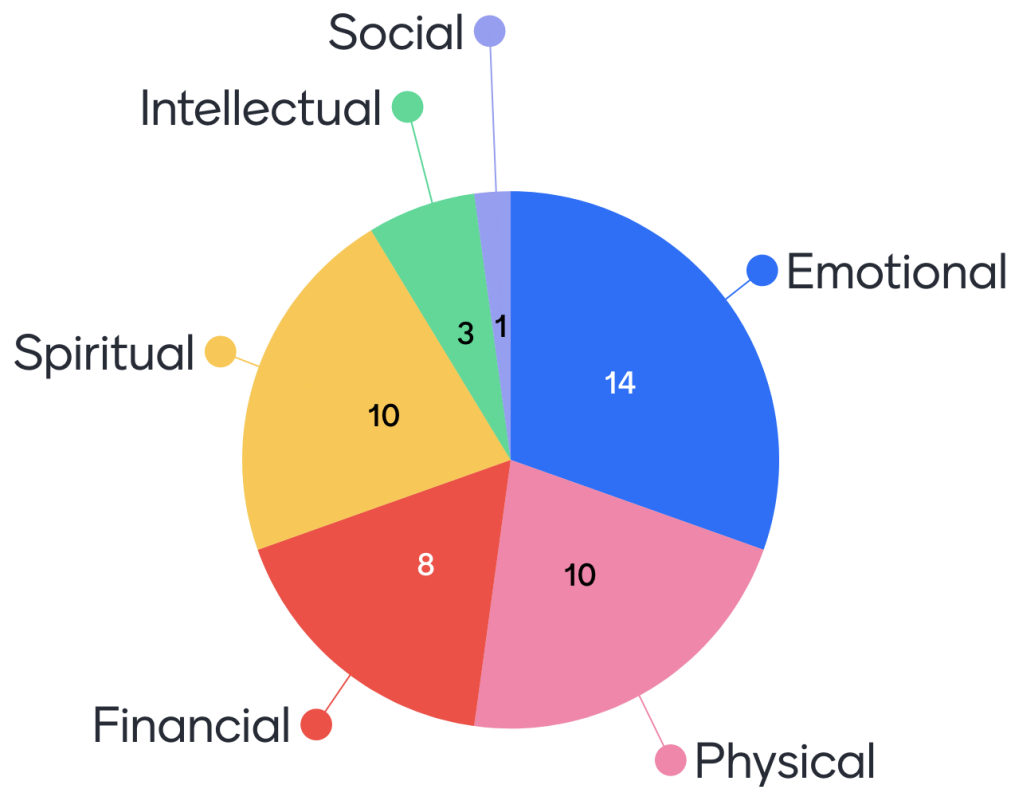
Emotional





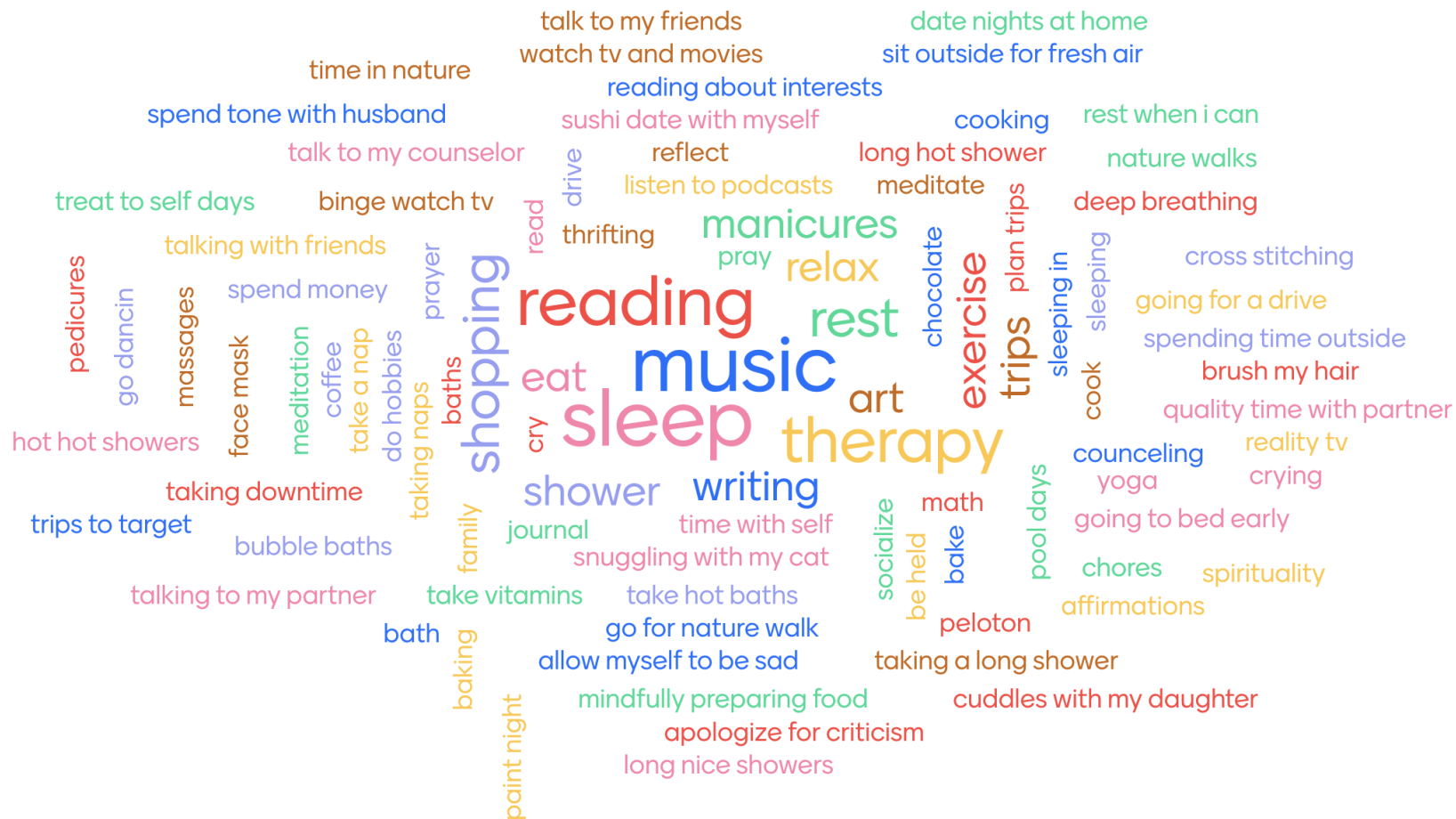
Time to
reflect...







What do you do
for *self-care*?



What is self-care?



- Overindulgence
- Instant gratification
- Lavish vacations
- Numbing through substances
- 'Doom-scrolling'



- Prioritizing physical and mental health
- Adopting and maintaining healthy life habits
- Good-quality sleep
- Taking medications as prescribed
- Participating in healthy hobbies
- Boundaries



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What are these
things called
boundaries?

Physical

Material

Time

Sexual

Intellectual

Emotional



Physical

Physical

- Personal space and body autonomy
- Invasion of a space such as an office or classroom
- Prioritizing physical needs for food, rest, water

Time

Emotional

Physical

Material

Time

Material

- Sharing personal items
- Pressuring to use another's belongings
- Taking or using belongings without permission
- Spending personal money on others

Sexual

Intellectual

Emotional



Physical

Material

Time

Time

- Making time for hobbies, work, relationships, etc
- Demanding more of someone's personal time
- Not respecting time away from work or the office

Sexual

Intellectual

Emotional



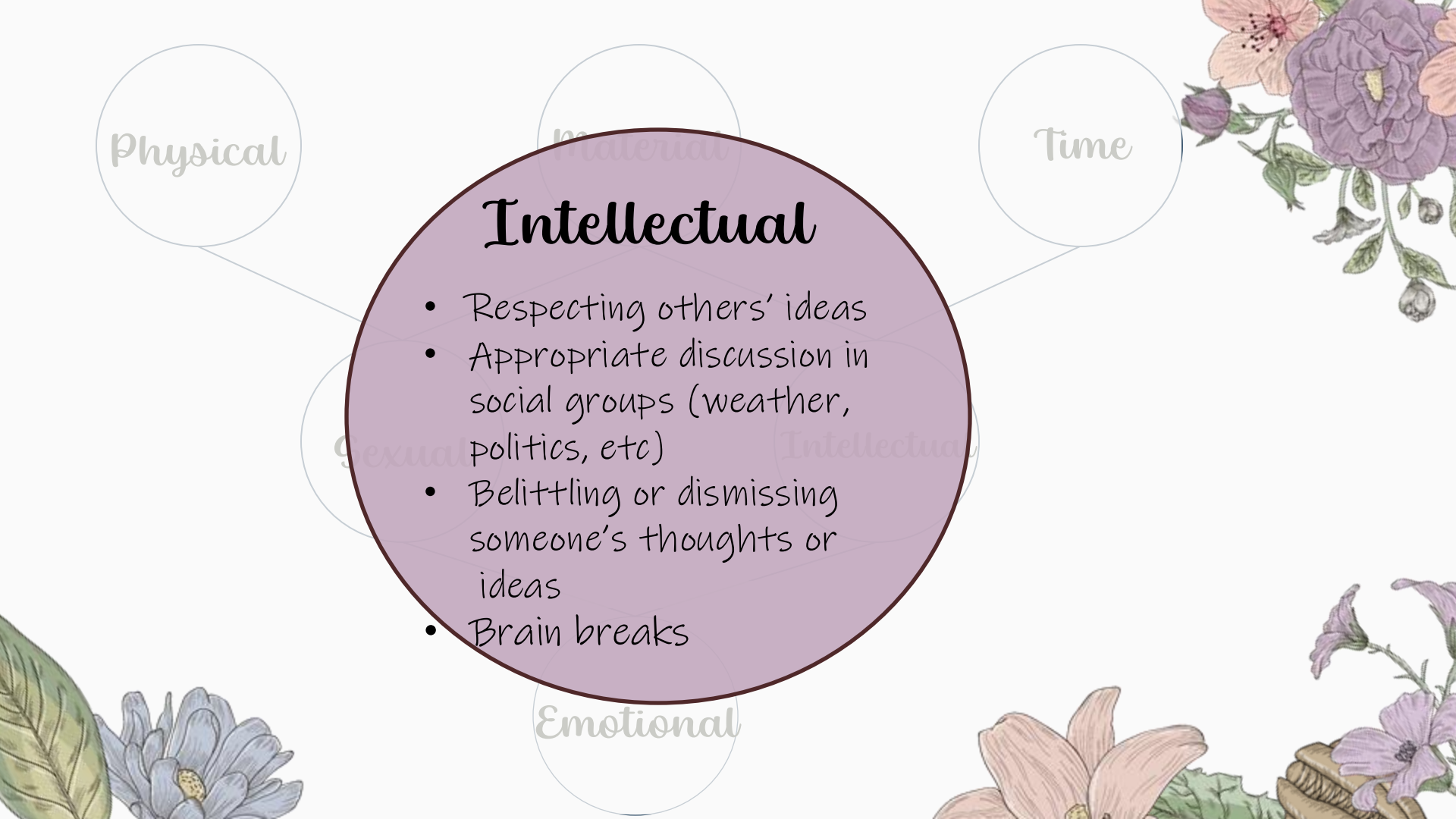
Physical

Intellectual

- Respecting others' ideas
- Appropriate discussion in social groups (weather, politics, etc)
- Belittling or dismissing someone's thoughts or ideas
- Brain breaks

Time

Emotional



Physical

Material

Time

Emotional

- Knowing when to share personal information.
- Invalidating another's feelings
- Criticizing someone's emotional needs or vulnerability

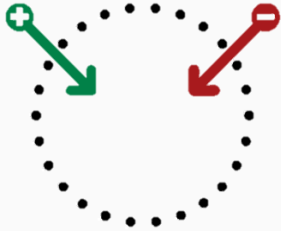
Sexual

Intellectual

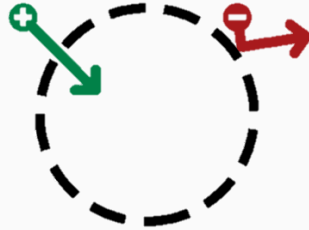
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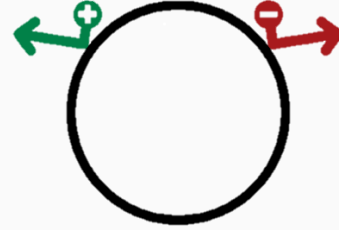
Boundary Styles



Porous

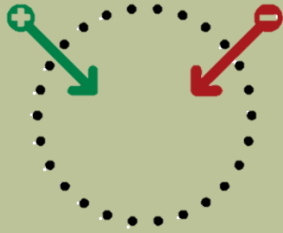


Healthy



Rigid

Boundary Styles



Porous

Allows anyone to get close.
Overly trusting.
Difficulty saying no.
Overshares personal info.
Gives in to others.
Passive communication.

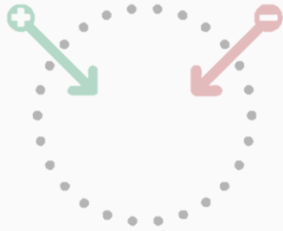


Healthy



Rigid

Boundary Styles



Porous



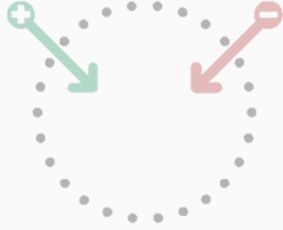
Healthy



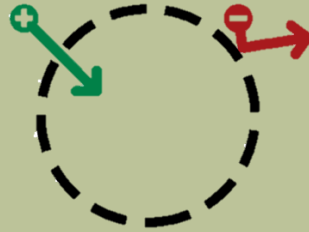
Rigid

Keeps people at a distance.
Untrusting of others.
Detached from others.
Pushes others away.
Ignores others' problems.
Aggressive communication.

Boundary Styles



Porous



Healthy

Selective about who to get close to.
Builds trust with others.
Says no when needed.
Values self and others.
Accepts conflict
Stands by personal values.



Rigid

Tips for Healthy Boundaries

Know your limits.

Know your values.

Listen to your emotions.

Have self-respect.

Have respect for others.

Be assertive.

Consider the future.



Tips for Healthy Boundaries

Know your limits.

Know your values.

Listen to your gut.

Have self-respect.

Have respect for others.

Be assertive.

Consider the long view.

Before you enter a situation, have a plan that is specific as possible to avoid repeating past patterns of behavior.



Tips for Healthy Boundaries

Know your limits.

Know your values.

Listen to your gut.
Have self-respect.
Have respect for others.
Be assertive.
Consider the long view.

Know your limits. Do they
align with your personal
values?



Tips for Healthy Boundaries

Know your limits.

Know your values.

Listen to yourself.

Have self-respect.

Have respect for others.

Be assertive.

Consider the long view.

If you notice feelings of discomfort, listen to your intuition! Try to understand why you're feeling that way.



Tips for Healthy Boundaries

Know your limits.

Know your values.

Listen to yourself.

Have self-respect.

Have respect for others.

Be assertive.

Consider the long view.

Do you respect yourself as
much as you respect others?
How can you prioritize your
needs more consistently?



Tips for Healthy Boundaries

Know your limits.

Know your values.

Listen to others.

Have self-respect.

Have respect for others.

Be assertive.

Consider the long view.

Consider what is fair to
others when you make a
decision. Am I hurting them
by helping them?



Tips for Healthy Boundaries

Know your limits.

Know your strengths.

Listen to your gut.

Have self-respect.

Have respect for others.

Be assertive.

Consider the long view.

Saying no is a complete sentence. Say it respectfully, but without ambiguity. If you can find a compromise, be willing to do so, but know when it is time to be firm.



Tips for Healthy Boundaries

Know your limits.

Know your values.

Listen to your gut.

Have self-respect.

Have respect for others.

Be assertive.

Consider the long view.

Consider future you. How will
this decision hurt or help you?
How will this boundary hurt or
help the relationship?





What does this
look like for you?

