



Getting Started by Setting Boundaries

Navigating major life change requires a lot of internal work. Setting boundaries is one place to start, allowing you to begin building some space for yourself mentally, physically or emotionally. Here are a few ways to get started.

Remember, setting boundaries is about creating more inner peace for yourself. It is not to influence or change someone else's behavior.

Social Media

As you scroll through your social media newsfeeds, consider snoozing or unfollowing anyone that triggers something negative in you (anger, jealousy, envy, etc). Give yourself some space for your own journey. Even if it is a family member or friend, consider at least a temporary snoozing of that page to give you space for positive inputs.

Keep personal updates regarding your situation off social media. You don't need something you post to be used against you at some point.

Text Messages

If there is anyone who texts you and upon receipt of that text, negative emotions such as anger, frustration, etc pop up for you...consider snoozing those text messages and review when you are in the right mindset.

Phone Calls

Change the name in your phone of an unwanted callers to something that reminds you not to pick up. For example, you might change the name Jim to "Jim – do not respond" or "DNR JIM".

Do not change the name to something profane, as screen shots may be necessary in future proceedings and inflammatory language doesn't help the situation.

Email

Create a folder in your email inbox and funnel triggering emails into that, and set a reminder on your phone to check as often as necessary (once daily, weekly, etc depending on response time necessary for that situation).

Create new outgoing emails and save as a draft for 24 hours. Come back to those emails, remove any unnecessary words or details, keeping it as brief yet informative as the situation warrants.

Remember – there are very few situations that require an immediate response. Give yourself time and space before responding.

