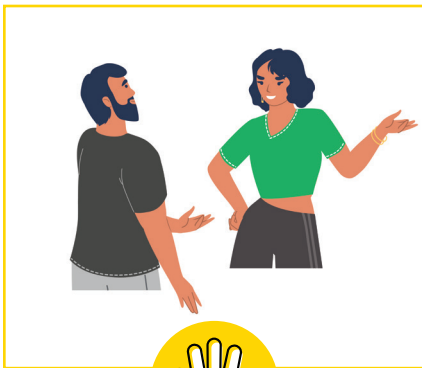


HOW TO SET HEALTHY BOUNDARIES

Establishing boundaries is a way of setting limits and ensuring others know what is and is not acceptable. For students, boundaries also help prevent burnout, stress, anxiety, and financial and emotional burdens.

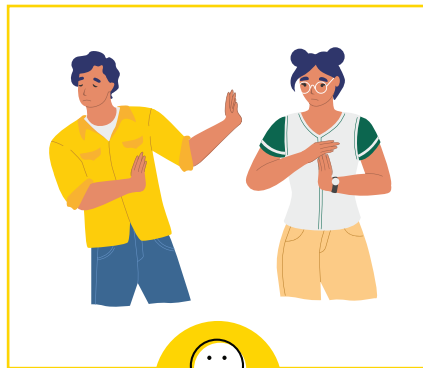
You should respect the boundaries of others while also expecting that they respect your boundaries. Each person gets to decide their own physical, emotional, and digital boundaries. That's why, to avoid unintended harm, it's important to make sure the person you're interacting with is comfortable with what is happening.

TYPES OF BOUNDARIES



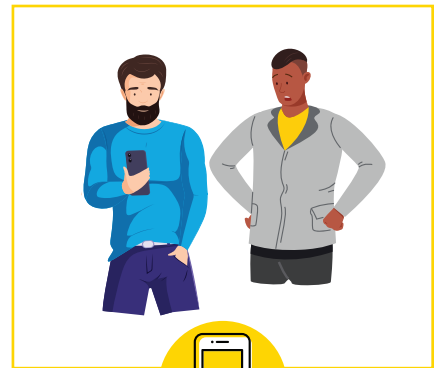
Physical boundaries protect your body.

- “I don't always like to hug/shake hands. Would you ask next time before you hug me?”
- “When I'm trying to sleep, I prefer not to cuddle.”
(to a roommate)
- “I'd like it if you let me know before you bring a guest over.”



Emotional boundaries protect your feelings and behavior.

- “When I get home from work or class, I need a few minutes of alone time to decompress before I talk about my day.”
- “Maybe we should take a break from this conversation, and both take the afternoon to sort out how we feel. I don't want to say something hurtful that I don't mean.”



Digital boundaries protect your identity and privacy in a digital world.

- “Could you let me know before you post anything about me on social media?”
- “When I'm studying, I like to put my phone on 'do not disturb' so I can focus. That means I don't always respond right away to texts.”
- “If you want to talk about something serious, I prefer to do that in person instead of via text.”

MAKE SURE YOU HAVE AN HONEST CONVERSATION TO COMMUNICATE WHY YOUR BOUNDARIES ARE IMPORTANT AND ASK THEM ABOUT THEIRS.

IOWA