



Compassion Resilience – Self Care Snapshot Series:

Compassionate Boundaries

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(she, her, hers)

Toolkit url: Compassionresiliencetoolkit.org

ROGERS
Behavioral Health

wise END
STIGMA
TOGETHER
one story at a time



Building Our Compassion Resilience



- The power to return to a position of empathy, strength, and hope after the daily witnessing of the challenges others face in our community and in our homes.
- To be optimistic in an imperfect world.



Self-Care Snapshot



January – Recognizing Compassion Fatigue

February – Compassion in Action

March – Self-Compassion

April – Locus of Control

May – Compassionate Boundaries

June – Expectations and Affirmations

July – Wellness Strategies

August – Connecting to Our Purpose



Staying Resilient During COVID-19 with brief blogs and videos to share with others. [Learn More](#)

Facilitator resources to build the capacity of helping professionals, caregivers, and the systems in which they serve.



A Toolkit For Schools



A Toolkit For Health and Human Services



A Toolkit For Parents and Caregivers

compassionresiliencetoolkit.org

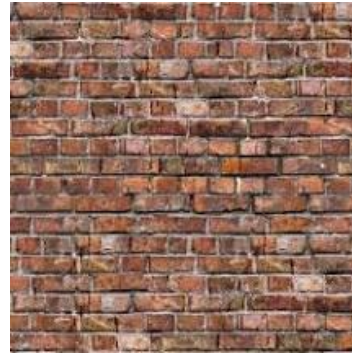


“Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They’re compassionate because their boundaries keep them out of resentment.”

Brené Brown

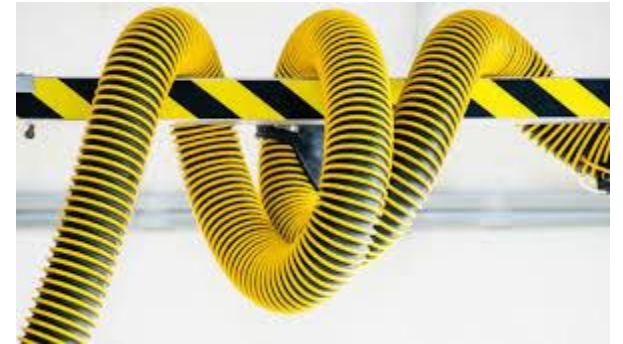
Types of Boundaries

**Permeable/
with Holes**



Rigid

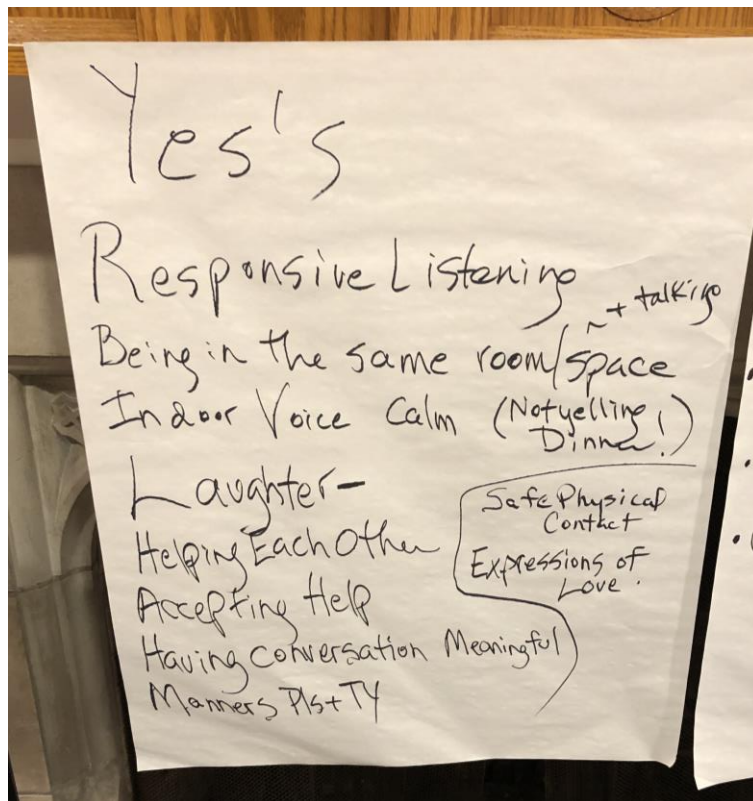
Flexible



At Our Best Activity

“What are specific behaviors your family exhibits when they are at their best?”

“What behaviors lend to a healthy workplace culture?”



OUR YESES

What Our Family Looks Like At Its Best

We are talking in low/middle volume

We are engaging in activities together as a family

Eating dinner together

Being vulnerable with each other

Open communication with each other

Having meaningful conversations with each other

Teamwork - work together to meet common goal

Shows care and concern for each other

Using kind words with each other (please, thank you, no put-downs)

Encouraging each other & giving positive feedback

Show appreciation and gratitude to each other

Listen to hear the other and not to respond

Bringing our full self - minimize other distractions and be present

Accept our each other

Being willing to accept help

Having Our "Nos" Support Our "Yeses"

What is a boundary that you could put in place that would allow you to do the behaviors listed on your “what my family/work place looks like when it is at its best” brainstorm?

Restrict my evening activities that take me away from my family at dinner time to twice a week

Turn off screens during times for family engagement

Take alone time to care for myself

Set aside judgements and my need to “fix”

Tips for Setting Compassionate Boundaries



1. **Know what you want to say "Yes"** to in your life (values, behaviors and priorities).
2. **Be proactive.** Have "meetings" to discuss boundaries. Structure offers safety for both sides.
3. **Just say it!** Don't make them guess. Use simple and direct language.
4. Reinforce by pointing out the violations **IN THE MOMENT.**
5. **Give explanations that are specific,** relevant to the other person, and offer shared solutions.
6. **Back up your boundary with action.** If you give in, you invite people to ignore your needs.

Boundary language examples:

To respond to angry child:

- “I want to work with you to figure this out. It will be hard if our brains are not calm enough to think. Let's take a 5-minute break.”

To say no to extra commitments:

- “Although the organization’s goals are really important to me, I need to discuss what can come off my plate or what I can do in a different manner in order to take on anything new. I am working on how to balance my family’s needs and my workload.”

And then I learned
the spiritual journey
had nothing to do with being nice.
It had to do
with being real and authentic.
Having boundaries.
Honouring and respecting my space first,
others second.
And in this space of self-care,
being nice just happened, it flowed...
not motivated by fear,
but by LOVE.

~ Michelle Olak



Thank you for your time and
attention.

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