Compassion Resilience – Self Care Snapshot Series:

Compassionate Boundaries

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(she, her, hers)

Toolkit url: Compassionresilience toolkit.org
Mindful Opening

MINDFULNESS

Breathe
Cloud Gazing
Walk Barefoot
Open Mind

RELAX RELAX RELAX

Plant
Cook
Take a bath

Take the dog for a walk

guided meditation

Chat with friends (listen)
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.

compassionresiliencetoolkit.org
“Compassionate people ask for what they need. The 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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