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Learning To Recognize
Honor And
Communicate ...

16-10-2020. Setting
boundaries is an
important part of
establishing one ' s
identity and is a crucial
aspect of mental health
and well-being.

Boundaries can be
physical or emotional,
and they can range from
being loose to rigid, with

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healthy boundaries often falling somewhere in between. This article will discuss what healthy boundaries are and how to set them, why healthy boundaries are important for self-care, and how to explain boundaries to adults and children.

How to Set Healthy
Boundaries: 10

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Examples + PDF

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physical space between
you and another person
demarcation of where
you end and another
begins and where you

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you will not allow

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INTRODUCTION:

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