

Establishing Healthy Boundaries

Healthy boundaries are essential for physical, emotional, and interpersonal well-being.

PHYSICAL BOUNDARIES



Respect personal space, privacy, and physical touch

INTERPERSONAL BOUNDARIES



Communicate limits and ensure mutual respect

EMOTIONAL BOUNDARIES



Protect your feelings, values, and emotional needs.

Maintain Healthy Boundaries

Know & Assert Your Limits

Communicate Clearly

Practice Self-Awareness

Say "No" Without Guilt