

WHAT'S INSIDE:

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BOUNDARIES

The holiday season can often stir up a rollercoaster of emotions. The abundance of social gatherings, family and friend obligations, and overall increased stress can easily lead to anxiety and tension rather than the anticipated joy and excitement. A powerful strategy to help us cope with the complexity of emotions that the season can bring up is to establish and maintain boundaries. Boundaries are limits that we put in place with others, and ourselves, to take care of our well-being. We all have limits and establishing boundaries can help communicate that. Ultimately, boundaries strengthen relationships by providing healthy guidelines to improve trust, safety, and connection.

Many people feel boundaries can create a division or that their boundaries will be met with resistance. However, boundaries are not a bad thing that separate us from people. In fact, they are essential for developing healthy relationships. When we do not put boundaries in place, we risk expending all of our time and energy into the happiness of others while simultaneously ignoring our own needs. This can result in us feeling unfulfilled, resentful, and unacknowledged. Our ability to set and maintain boundaries can enable us to enhance our self-esteem, strengthen our relationships, and manage our emotions effectively, all of which contribute to our overall well-being.

Setting boundaries is not an easy task and it can feel daunting. It requires a lot of self-awareness to understand what our personal boundaries are and to communicate those boundaries effectively. We may feel pressured to ignore or hide our feelings to keep the peace or to protect someone else's feelings. Nevertheless, protecting our own well-being is important and boundaries can act like a shield. By maintaining boundaries, we allow ourselves to be a priority.

"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others." - Brené Brown

Remember that boundaries are not set in stone. We all change over time, which means our boundaries may too. It is okay to reassess our boundaries and change them if we feel they no longer align with our needs. Also, remember that boundaries can look different for every relationship. The boundaries that we have with our parents may not be the same boundaries we have with our friends. Continue reading to learn about how to set boundaries and use "I statements." Knowing more about boundaries can help us fully enjoy the holiday season rather than finding it merely something to endure.



FIVE TIPS ON HOW TO SET BOUNDARIES

1 Identify your needs

Try to identify what is most important to you and what your needs are. Do you feel that your needs are not being met? This could be a sign that you need to set boundaries.

2 Communicate openly

Clearly communicate your boundaries with friends and family. Let them know about any limitations or expectations you have. Honest communication is key to avoiding misunderstandings.

3 Learn to say 'No'

It's okay to decline invitations or additional commitments that may add stress. Remember that saying "no" allows you to say "yes" to the things that truly fill your cup.

4 Use 'I' statements

'I' statements are powerful communication tools. They allow you to communicate your thoughts and feelings instead of focusing on the actions or behaviours of the other person.

5 Be flexible

Flexible boundaries allow for change and development. When we are flexible instead of rigid, we can maintain openness and create a safe space for communication and growth.

WORKSHOPS

Our training includes skills training, healthy coping, communication, peer support, and education to prevent and respond to crisis and suicide.

COPE

- This workshop uses the principals of mindfulness to help students in grades 5,6, & 7 achieve better mental wellness and cope with issues like anxiety, overthinking, stress, self-harm, sleep loss, and social media use.

Lifelines

- Lifelines is an evidence-based program for grades 5,6, & 7 designed to integrate youth suicide prevention into both the culture and mission of the school, which is to provide a safe learning environment for its students. Classes emphasize help-seeking behaviours and are aimed at students who encounter peers who may be thinking of suicide.

Reaching Out

- This workshop introduces the topic of suicide to youth and teaches about warning signs, that it's okay to talk about suicide, how participants can respond to suicide, and advises participants it is okay to ask for help and to connect with a safe adult.

Self-Care 101

- A central goal of this workshop is to invite youth to see that each of us has mental health and, similar to caring for our physical health, we can learn to nurture and improve our mental health through our actions, experiences, and lifestyle choices.

GRASP

- This 12-hour skill building program provides youth from Grades 9-12 with self-awareness, communication, and coping skills that will aid them in their personal growth as well as contribute to an overall plan for ongoing youth suicide prevention programs within schools and communities.

ASIST (Applied Suicide Intervention Skills Training)

- Living Works' two day, interactive workshop that prepares caregivers to provide suicide life-assisting first-aid intervention.

safe (Suicide Awareness For Everyone) TALK

- Living Works' three-hour workshop which prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources.

suicideTALK

- Ranging from 90 minutes to a half a day, Living Works' suicideTALK invites all participants to become more aware of suicide prevention opportunities in their community.



Contact our **Community Education Coordinator** at jody@crisis-centre.ca or 778.693.2765 for more information!

○ ○ ○ ○ ○ **UPCOMING TRAINING:** ○ ○ ○ ○ ○

Being a Volunteer Changes Your Life!

It gives you a new perspective and a new way of looking at your own problems when you have a chance to understand others.

The training is invaluable for your own communication skills and relationships.

The Crisis Prevention, Intervention, and Information Centre for Northern B.C. offers training ~3 times per year based on demand.

Please contact liam@crisis-centre.ca to apply or for more information.

Connect with us online!



@crisiscentrenbc

contact us at
information@crisis
centre.ca and let
us know your
thoughts on this
newsletter!



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Crisis Prevention,
Intervention, and Information
Centre for Northern BC

I STATEMENTS

Your boundaries are about you. We encourage you to focus on what you need and how you feel, as that is what boundaries are all about. A great way to do this is to communicate in 'I' statements instead of 'you' statements. An I statement could look like: Their behaviour + Your feeling + Alternative for change. Here are a few examples of how you can shift your language into using 'I' statements.

"You never make time for me anymore!"



"When you don't put in effort to see me, I feel hurt. Can we try spending more time together?"

"You don't even care about me."



"I feel sad when it seems like my feelings are not being heard. Can we talk about it?"

"You never do any of the work."



"When I have to clean the house after work, I feel really exhausted. It would take a lot off my plate if you could help me."

HOLIDAY ACTIVITY IDEAS

- Build a snowman
- Decorate cookies
- Make your own ornaments
- Go on a winter scavenger hunt
- Make snow angels
- Do holiday colouring pages
- Games nights
- Decorate a gingerbread house
- Watch holiday movies
- Have a snowball fight
- Have a holiday photoshoot
- Roast marshmallows
- Create a holiday play list
- Skating
- Drive around to see the lights
- Complete a puzzle
- Have an ugly Christmas sweater party
- Go night sledding
- Write a thank-you letter to a loved one

Crisis Centre for Northern B.C. Resources

- Northern B.C. Crisis Line: **250-563-1214, 1-888-562-1214**, 24/7
- Northern B.C. Youth Line: **250-564-8336**, 24/7
- BC Suicide Line: **1-800-784-2433**, BC-wide, 24/7
- 310-MENTALHEALTH: **310-6789**, BC-wide, 24/7
- 9-8-8: **988** (phone and text service), National, 24/7



Crisis Prevention,
Intervention & Information Centre
FOR NORTHERN BC

We are here for you 24-7

Crisis Prevention, Intervention, & Information Centre for Northern B.C.

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