



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

Association canadienne
pour la santé mentale
Manitoba et Winnipeg
La santé mentale pour tous



years of
community
ans dans la
communauté

Creating Healthy Boundaries

- Boundaries are the limits you set between yourself and others due to your values, preferences, thoughts, opinions and things that you know are not in your best interest
- Setting boundaries is not selfish and it does not mean you are an angry person
- Boundaries ensure we have healthy relationships
- Boundaries ensure we protect and take care of ourselves
- Boundaries can be physical, intellectual, emotional, social, sexual, financial or involve the use of time
- It can take time for others to accept boundaries that you may set
- Create a safe, relaxed environment to have a boundaries discussion
- Plan beforehand what to say and how to say it when expressing boundaries
- Be mindful of your body language when you are communicating about boundaries
- Boundary crossings are deviations from what is traditionally deemed appropriate
- Boundary crossings can impact job performance, loss of job, change of power in relationships, relationships becoming unhealthy or abusive, stress or risk of losing a membership or license
- Respond, don't react to boundary crossings using "I" statements (I feel _____ when _____)
- Be firm with your limits
- Practice acceptance when dealing with others' reactions to your boundary setting



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The CMHA Service Navigation Hub (SNH) provides information on a range of topics related to mental health, mental illness, distress and strategies connected to resilience.

When you connect to the SNH they listen and assess your situation; provide immediate support; educate and provide consultation on your rights and to determine next possible steps of action – whether to proceed with intake to CMHA programs or to refer to appropriate community supports.

You can reach them directly at: 204-775-6442 or email at: hub@cmhawpg.mb.ca

Visit: [service navigation hub](#) for more detailed information on the support a Recovery Navigation Specialist can provide as well as other crisis supports within Manitoba.



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