



## **ESTABLISHING HEALTHY BOUNDARIES IN THE AGE OF SOCIAL DISTANCING**

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In the age of social-distancing, having healthy boundaries, whether in the home or in the workplace, are more important than ever. Please see the following information on how you can create the safest space for you, both mentally and physically.

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Creating healthy boundaries is an expression of what makes you feel comfortable and what you would like or not like to happen within the relationship. These relationships can be platonic, romantic, sexual, familial, and institutional.

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### **CONSIDERATIONS FOR SETTING BOUNDARIES**

- Know what you want
- Give yourself permission to ask for it
- Be specific with your request
- Ask without apology
- Open, honesty, and transparency with supervisors, partners, parents, children, ect
- Watch your expectations
- Accept the answer if it's no
- Take responsibility for your own wants and needs
- Find a way to fulfill it yourself



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When you are feeling anxious, frustrated, and annoyed, try some grounding techniques:

- Find a grounding object to hold onto.
- Stretch
- Get up and walk around. Take your time to notice each step you take one, then another
- Take ten slow breathes. Focus your attention fully on each breath.
- Sip a cool drink of water.
- To find more grounding techniques, please visit [rise.ucla.edu](https://rise.ucla.edu)

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If you have tried setting boundaries and feel like the relationship is becoming/continuing to be harmful, please consider reaching out to the following resources:

If you are in immediate danger, **call 911**

**CARE** is still connecting with clients. However, due to California's Safer at Home order to prevent the spread of COVID-19, all of our appointments will be done remotely. You can schedule an appointment by visiting our [website](#). We are responding to emails during business hours Monday-Friday 8:30am-5:30pm. Additionally, 24-hour crisis counseling is available by calling (310) 825-0768.

**National Domestic Violence Hotline**

24/7 hotline: [800-799-7233](https://www.thehotline.org)

If you're unable to speak safely, go to [www.thehotline.org](https://www.thehotline.org) or text **LOVEIS** to 22522