

Family Huddle Newsletter



Mental Health and Substance Use Family Support Services

Tips and resources for people who want to be more effective in supporting adults with mental health/substance use concerns,

MESSAGE FROM YOUR HOST



In this month's edition you will learn about limit setting or otherwise known as, setting boundaries. A topic that is near and dear to us all. Let's begin!



Why is learning our limits important?

Learning about how to observe your limits is so important when in the supportive role because it helps to preserve your own mental wellbeing. It helps to reduce caregiver burnout and it is a skill that can improve and maintain the relationship with the person you are supporting. It will also help to create a recovery centered home environment for your loved one.

By setting your limits, you are acknowledging and saying to yourself it's okay to say 'NO' to the things you are uncomfortable with, and 'YES' to things that support your wellbeing.



What is a boundary ?

A boundary is “a space between you and the other person; a clear place where you emotionally begin and the other person ends”. You can think of it as a property line that delineates your unique self from others. Where you emotionally begin as a person is at the core of your sense of self, this includes your values, beliefs and convictions. This is the part of you that is typically non-negotiable.

Where we end emotionally as a person can become more vague or blurred. When the line where you emotionally end is not well defined, you experience difficulties separating your feelings from others’. When this happens, you are at risk of being influenced by the other person’s feelings and the consequence is, you don’t experience your emotional truth. You become less clear about what you are actually feeling.

Defining your emotional boundaries is a process of deciding what you will and will not hold yourself responsible for. You are taking responsibility for what you think, feel and do and not allowing others’ to influence this. Becoming clearer about where you begin and end as a person is a process of establishing your identity and defining your sense of self.



An emotional boundary ...

Is being clear about how you feel

Is accepting that the other person may have different feelings than you

Is knowing what you are willing to negotiate

Is taking care of yourself

Is not feeling responsible for the other person's emotional wellbeing



How does it relate to your loved one's recovery?

At times you may have to say “no” to your loved one, and it’s very painful to do this. It’s hard because you only want the best for them and you want to make it better for them, but you cannot take ownership of their emotional well-being.

This is one aspect of ‘knowing your limit’ in that you know you can support, but not necessarily make it all better for them. You can listen to their fears/anxieties/sadness but you can’t make it go away.

When you can’t make it better for them, you are left with your own uncomfortable feelings of not being able to fix it, and acknowledging this is you observing your limits.

RESOURCES

HOW DO YOU COMMUNICATE YOUR NEEDS?

When communicating your needs with your loved one, it may be when you are expressing an expectation. DEARMAN is a DBT (Dialectical Behaviour Therapy) skill used when asking for what you want or saying “no” to a request

WHAT IS DEARMAN

<https://www.mindfulnessmuse.com/dialectical-behavior-therapy/using-d-e-a-r-m-a-n-to-get-what-you-want>

DEARMAN VIDEO

https://www.youtube.com/watch?v=el_O72aTZzE

<https://www.youtube.com/watch?v=Pb79qXt6YAs>

DEARMAN WORK -SHEET

<https://www.therapistaid.com/worksheets/dbt-interpersonal-effectiveness-skills.pdf>



Reflective Box

How often do you allow others to influence how you are feeling/thinking or behaving about a particular situation?

In your caregiving/supportive role with your loved one, how aware are you when your loved one's expressed emotion is influencing how you are feeling?



There are no current updates

CONTACT

Mental Health and Substance Use Family Support Services

Monday-Thursday
8:30 a.m. - 4:30 p.m.

1 (833) 898-6200

Are you in a crisis?

Call the Fraser Health crisis line:

604-951-8855 or **1-877-820-7411** (toll-free)

Trained volunteers provide emotional crisis support,
24 hours a day, 7 days a week.



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