

ESTABLISHING HEALTHY BOUNDARIES AS PARENTS

It's important to have healthy boundaries in any relationship whether it's friends, coworkers, or with family members. Setting boundaries is important for your mental and personal health. It also models a needed behavior for your teen.

Secure Your Oxygen Mask

Identify behaviors and actions that make you uncomfortable. If these behaviors cause you anxiety, it's time to put healthy boundaries in place.

- It's not selfish, it's self-care
- Value your time and ask others to do the same
- Set realistic expectations
- Make it official and write a list of boundaries
- Practice saying "no" or simply walk away when a boundary is crossed
- Be open to talking about them
- Identify, eliminate, and avoid triggers

How to Set a Boundary

- Identify your needs.
- Be clear and direct.
- State consequences.
- Use assertive language.
- Stick to your boundaries.



Dropping Anchor

Staying Strong Amidst a Storm

When your teen is going through emotional turmoil, it's natural to feel their distress deeply, especially for empathetic parents and caregivers. However, in these moments, it's crucial for you to be the stable anchor amidst the storm. By finding your center, you can effectively provide the support and reassurance your teen needs.

Take a Moment: Before you address your teens feelings, assess your own emotional state.

Acknowledge any personal anxieties or worries, and consider how they might affect your ability to support your teen effectively.

Stay Calm: It can be hard to maintain your composure when under stress but remember that your demeanor sets the tone for your teens emotional regulation, so practicing deep breathing or mindfulness techniques can help you both stay centered.

Share the Load: Utilize appropriate outlets (like peer support) to talk about your frustrations and find support. Just like your teen, you're not in this alone! Reach out to trusted friends, family members, or a therapist to discuss your own feelings and seek guidance.

RESOURCES:

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Crisis Text Line: Text "HELLO" to 741741

American Foundation for Suicide Prevention (AFSP)

The Trevor Project: 1-866-488-7386

Teen Line: 1-310-855-4673 or text "TEEN" to 839863

"I want you to know that I love you and am here for you, but I need to set a boundary for both of our sakes. **If you are actively considering harming yourself, I will need to take action to ensure your safety.**"