

# Access

A publication of the Advocate Aurora Employee Assistance Program

2023 | Issue 3

## Know your limits – *and maintain healthy boundaries*



When people know their limits and maintain reasonable, healthy boundaries, it helps them to successfully manage the world around them. What exactly are healthy boundaries? They are our own vision of what we consider “okay” or “not okay” in living our lives. This could include **limits or boundaries around personal relationships, alcohol use or your finances**. If you routinely exceed your limits, and would like to maintain some reasonable boundaries, Advocate Aurora EAP is here to help.

### Promoting healthy relationships

Setting boundaries and limits is an essential form of self-care. Knowing our limits and boundaries is necessary to maintain healthy personal relationships. Doing this can decrease potential conflicts and misunderstandings. This is especially true when dealing with difficult family dynamics. Explaining to others how you want to be treated or what you expect from them is key. It’s best to clearly and directly communicate your honest feelings and expectations. It’s helpful to use “I” statements. Here’s an example:

I feel \_\_\_\_\_ (state your emotion) when \_\_\_\_\_ (add the behavior that you don’t like) because \_\_\_\_\_ (add the effect that this person’s behavior has on you).

### Limiting the health risks of alcohol

Creating boundaries surrounding alcohol consumption is essential to good health. Alcohol use and abuse is associated with increased health risks, including motor vehicle crashes, violence, risky sexual behaviors, high blood pressure and even some cancers. How much alcohol use is too much? You should decide what your own reasonable alcohol limits need to be.

The CDC recommends that adults limit their alcohol intake to **two drinks or less per day for men and one drink or less per day for women**, on any day when alcohol is consumed. If you or someone in your immediate household struggles with alcohol use, Advocate Aurora EAP offers support and referrals for alcohol and drug abuse problems. The EAP is a free, trusted, confidential resource, provided by your employer.



**Advocate Aurora EAP: 800-236-3231**



Advocate Health Care®



Aurora Health Care®

Now part of  **ADVOCATEHEALTH**



## Respect your own limits during the holidays

The holidays are often accompanied by a long list of obligations, errands, gift giving and events. The holiday season can be exhausting and emotionally draining, if you exceed your own limits. Set boundaries around how much time, money and effort you'll expend on holiday tasks and gift-giving. Setting limits should extend to social interactions during the holidays. It's okay to politely say "no, thank you," if you wish to forgo certain holiday requests for any reason.

When it comes to holiday gift giving, decide what realistically works for you and your budget. You don't want to overextend yourself and be faced with credit card debt that you can't pay off. Managing personal finances can be complicated. Getting expert advice can help pave the way. Whether you're trying to build a budget, manage debt or plan for the future, Advocate Aurora's EAP is here to help. The free financial consultations offered by the EAP can help reduce stress and improve your financial wellness.

## Help set boundaries by learning to say "no"

Saying "no" gives you the ability to set your own boundaries and respect your own needs. The art of saying "no" comes down to making decisions that ensure that your needs are being communicated and respected by others. It's about being self-aware and improving your relationship with yourself. If you need help in learning to say "no," EAP counselors are available by phone 24/7. They can offer strategies to help you master the art of saying "no."

Remember, our boundaries are the personal limits **that we choose to set up with ourselves, for ourselves.** Understanding our limits helps ensure that we take good care of ourselves. Without boundaries, we run the risk of spending too much time, energy and money on pursuits that make us feel exhausted, unfulfilled, resentful or lead us down a path with negative consequences. Setting boundaries and knowing your limits doesn't mean you don't care about others. It demonstrates that you **do care** about others — **as you care for yourself.**



**Advocate Aurora EAP: 800-236-3231**



Advocate Health Care®



Aurora Health Care®

Now part of  **ADVOCATEHEALTH**