

# Self-care and boundaries

How caring for yourself helps you care for others

Amy Swett, MSW, LSW  
Alexandria Tackett-Ferguson, CYT/RYT

**What do you think of  
when you hear  
"self-care"?**

# From the National Institute of Health:

“Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.”

## On Social Media

- Must buy new things
- Luxurious
- Indulgent/feels great in the moment
- Self care is a special occurrence
- Only involves focusing on yourself

## True Self-Care

- Does not always cost anything or involve items
- Is sometimes difficult but supports your wellbeing later
- Part of your daily life
- Self-care can include community care

# **True self-care incorporates ALL aspects of our lives**

*"Self-care is one's action around our physical, emotional, relational, perhaps professional, educational, and, for some people, spiritual well-being that reflects the way that we take care of ourselves on the most fundamental levels,"*

Helen Coons, PhD., Clinical health psychologist

# Caring for yourself doesn't have to be done in isolation

*"Shouting 'self-care' at people who  
actually need community care is  
how we fail people."*

Nakita Valerio, writer, researcher and  
community organizer

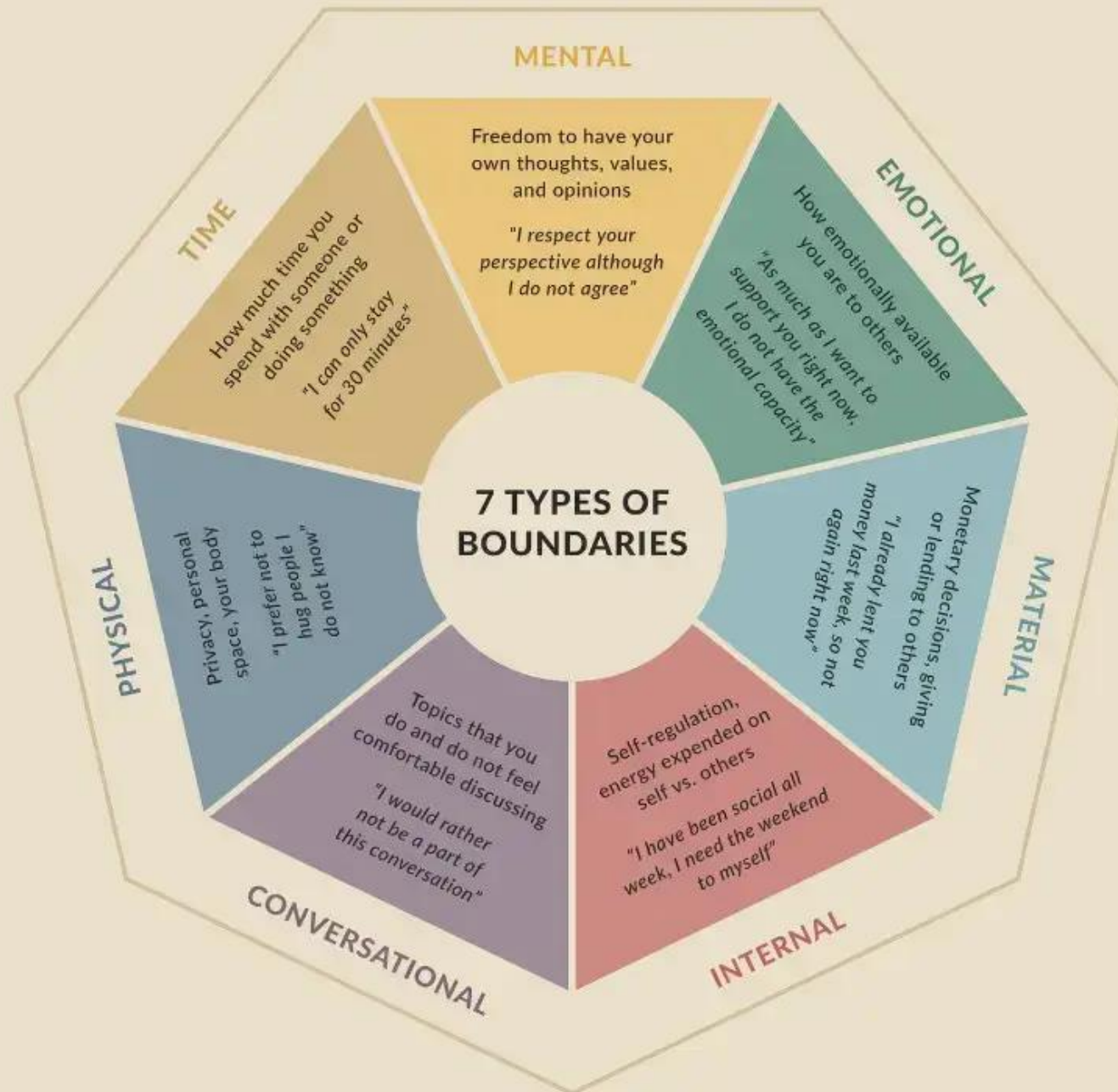
# Community Care

- Involves more than one person
- Each person leverages their power and abilities to support one another
- Care for your community so your community can care for you
- Acts of compassion and commitment
- Can be individual acts but can also be more structured such as neighborhood groups, clubs, support groups, spiritual congregations
- Especially important for marginalized groups

# But what about boundaries?

- Identify you as separate from others
- Defines what is safe and appropriate in a given relationship
- Do not prevent you from helping others
- Can protect others, not just yourself
- Look different in different settings and relationships
- Culture can influence how boundaries are set and received
- Setting boundaries requires self-awareness and assertiveness
- **Adhering to your boundaries is your responsibility, not the responsibility of those around you**







# **Plan for your own self-care**

# **Self-care strategy demonstration**

# Website References

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- <https://thriveworks.com/blog/spot-toxic-self-care-tips-social-media/>

# Podcast Episodes

- <https://www.npr.org/sections/codeswitch/2023/04/19/1170063872/self-care-laid-bare>
- <https://www.ted.com/podcasts/how-to-be-a-better-human/set-boundaries-and-find-peace-w-nedra-glover-tawwab-transcript>