



# Set those Boundaries



## - Boundary Definition -

A limit or edge that defines you as separate from others.

A boundary is a limit that promotes integrity.

They bring order to our lives.

Strengthening our boundaries brings a clearer sense of self and our relationship to others.

They empower us to determine how we will be treated by others.

Without clear emotional boundaries we are vulnerable to physical violation.

Boundaries within family, work and relationships is an issue that comes up frequently during sessions. There is a fine line between keeping and breaking a boundary and yet we do it all the time; from saying 'yes' too often to not expressing how we feel when someone lets us down- these are all patterns that keep us stuck and compromise our boundaries. The key is to be clear about what you will and won't accept into your life. This will save you from miscommunication, anger and overwhelmed from saying yes too often to others and not enough to yourself. When we do not know or are not clear about what we do and don't want, we end up with draining, toxic relationships, unrealistic workloads, and unhealthy bodies and minds.

The first step in implementing boundaries is to decide what is healthy for us and what is not. This will range from what foods you want to ingest into your body, to what you want to spend your time and energy on, to what quality of relationships you want in your life. For example, what do you feel happy to give and receive from a relationship? What are you prepared to set as your boundaries? If you define the boundaries then you have the choice whether or not someone crosses them and if they do what the consequences are.

Let's be honest and clear, we don't just happen into unhealthy relationships, we teach people day in and day out HOW to treat us by what we do and say and by what we DON'T do and say.



### Benji's Tip

**Understand  
your worth.  
Value your life.  
Appreciate  
your blessings.**

## Competition Time

This month we will be continuing our COLOURING COMPETITION. If you would like to enter, please ask Jasmine at reception.

The winner will be announced next month and will receive something special.

**Get colouring kids!!!**



## Drop of Life Team



**NATALIE TURVEY**

Natalie Turvey is a registered psychologist and Clinical Hypnotherapist. She has over 16 years' experience in a wide range of settings such as Adult Mental Health, school leavers, child safety, forensic psychology, disabilities, and child and adolescent mental health.



**TRUDY GOSCH**

Trudy Gosch is an Accredited Mental Health Social Worker and Accredited Youth Mental Health First Aid Instructor who has been working in the field of Child, Youth and Family Mental Health for the past 11 years.

Trudy works with the broad spectrum of mental health concerns including depression, anxiety, grief and loss, trauma resolution, attachments and relationships, self-esteem and identity.



**PAMELA HARDING**

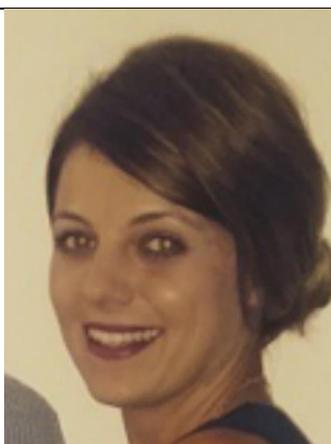
Pamela Harding is an experienced psychologist working with clients who are experiencing difficulties that are impacting significantly on their quality of life, relationships and opportunities. Pamela works extensively with adults, children, adolescents, and families. She is an IABA (Institute for Applied Behaviour Analysis) trained clinician and has extensive experience working with clients with disabilities



**BENJI THE GREAT**

is an Animal Assisted Therapist who loves long walks and listening to peoples problems without judgement.

He is 3 year old (which is a mature 28 in doggy years!) and has been working in the clinic since he was 6 weeks old.



**LOUISE DEMPSEY**

Our friendly Administration Officer Louise is currently away on maternity leave and will be back at Drop Of Life around August 2016



**JASMINE SLATER**

Our friendly Administration Officer Jasmine is always here to help.

