

Description

Positive Planning with The Happy Student Company – Boundaries

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January brings about a new sense of starting afresh, and the opportunity to make new choices in how we look after ourselves in the year going forward. You can choose habits and boundaries that will benefit you or disadvantage you.

Creating healthy boundaries around your work, study and social life are a form of critical self-care that effect your personal resilience and will ultimately contribute towards your professional wellbeing. For these reasons, considering what your boundaries look like is an exercise worth exploring.

Are you aware of your personal boundaries already? Have a think about the following questions and create some of your own along the same theme.



- How many hours of sleep does your body need?
- How many hours of socialising a week is enough for you? Too much can drain you, not enough might isolate you.
- How long can you study before you need a break?
- Do you know what your triggers are for needing some space away from others?
- Who or what absorbs too much of your time?
- How many hours in a week can you realistically allow for bank shifts/overtime/group study?
- How often will you put your phone away this week, for some intentional screen-free time?



Boundaries are a choice that only you can make and enforce but they will influence your capacity and stamina for your life mission. Take a little look at your timetable for the week ahead and decide how you want to allocate your free hours. Protect these decisions you've made and the boundaries you've drawn up, and suddenly the week might not look overwhelming!

For more information on creating boundaries, and other resilience building tools, check out my book 'The Resilience Plan for Healthcare Students'. **TSM**

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