

Hello,

I'm thrilled to provide you with this workbook designed to empower you on your journey towards establishing healthy boundaries.

As CEO of Benn There Consulting, LLC, and Certified Professional Life Coach, I understand the importance of boundaries in personal growth, maintaining well-being, and nurturing fulfilling relationships. In this workbook, you'll embark on a transformative journey toward establishing boundaries that are not only healthy, but also sustainable. As you navigate through the exercises and take notes during the webinar, you'll uncover the power and importance of setting boundaries in various aspects of your life.

This workbook was designed to offer you some practical tools and insights to navigate challenges, protect your mental health, become more self-aware, and start to create a healthier version of yourself.

Prepare to embark on a journey of selfdiscovery and empowerment as you embrace the wisdom within these pages and begin to create boundaries that honor your needs and aspirations.

Here's to your journey toward greater selfawareness, resilience, and authenticity.

Warm regards, Ellecia Benn-Williams



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Boundaries!

- A boundary is a dividing line that defines who you are as an individual and how you'll interact with others.
- Boundaries communicate how we want to be treated by others.
- Boundaries are essential to our health, happiness, and success. However, setting boundaries is a challenge for many.
- We're not use to standing up for ourselves and asking for what we need.
- We're afraid to say no because we don't want to disappoint or offend people.
- We lose track of who we are and what's important to us because we're so focused on what other people want or need.
- Consequently, we end up frustrated, exhausted, unappreciated, and mistreated.

-Sharon Martin, MSW, LCSW

- Boundaries are not a way to control other people's behavior.
- Boundaries are the line in the sand which says, "This is my circle of comfort.
- This is my circle of distress.
- Here is where respect ends.
- Here is where disregard begins.
- Cross this line and I will create enough space to protect myself from things I feel are detrimental to my well-being."
- Boundaries are not a tool to assert control over someone else.
 They are a tool to assert control over ourselves.

-Kalen Dion

Use Checklist to identify the lack of boundaries in your life

You don't make time for yourself.
You feel obligated to say yes when you don't feel like it.
You feel obligated to answer personal questions.
You often feel angry, resentful, and overwhelmed.
You don't communicate your expectations of others.
You accept blame for things you couldn't control
Your children don't respect your limits.
You often feel overworked, burnout.
You tend to do things out of obligation rather than because you want to.
You care a lot about what others think and feel about you.
People take advantage of you.

Use Checklist to identify the lack of boundaries in your life...contid

You don't have a strong sense of who you are and you values, interests, and life goals.
You feel as though you don't matter or aren't as important to others as they are to you.
You overshare personal information before trust is establisthed.
You struggled with managing money, time, social media, and food.
You blame others for things you're responsible for.
You tend to worry about others and not yourself
You act passive aggressively instead of directly when expressing your feelings or needs.
You enable others by doing things for them instead of allowing them to do for themselves.
You feel nervous and unsafe a lot around a specific person or group of people.
You hate saying no because you don't like disappointing people.

^{*}Pay close attention to the boxes you checked. Try working towards creating healthier boundaries in those areas of your life.

Boundaries Self Reflection

Day by day, my self is improving

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Boundaries Self Reflection

Day by day, my self is improving

In what ways have your relationships been negatively affected due to your lack of boundaries?						
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Boundaries Self Reflection

Day by day, my self is improving

es to setting boundaries with your family, and/or , do you enforce them? If not, why? And if you do, nake your feel?	
e two boundaries you plan to implement or your life, and why is it important that you do?	

Practice Baily Affirmations

I AM A STRONG PERSON

I AM DETERMINED AND SUCCESSFUL
I AM A GOOD AND WORTHWHILE PERSON
I HAVE INNER STRENGTH AND RESOURCES
I AM CONFIDENT AND COMPETENT
I HOLD MY HEAD UP HIGH

PEOPLE LIKE ME - I AM A LIKEABLE PERSON AND I LIKE MYSELF

I CARE ABOUT OTHER PEOPLE
I AM NEEDED AND WORTHWHILE
I AM A LOVING PERSON
I HAVE A LOT TO BE PROUD OF
I HAVE ALL THAT I NEED

I CAN ACHIEVE ANYTHING I WANT TO ACHIEVE
I MAKE WISE DECISIONS BASED ON WHAT I KNOW
I HAVE SET MY GOALS AND AM MOVING TOWARDS THEM
I ACCEPT MYSELF AS A UNIQUE AND WORTHWHILE PERSON

MY LIFE HAS MEANING AND PURPOSE
I AM IN CONTROL OF MY CHOICES

I HAVE MANY OPTIONS AND CAN MAKE WISE DECISIONS
EVERYTHING IS GETTING BETTER EVERY DAY
I AM HEALTHY AND HAVE ALL THAT I NEED
I KNOW I CAN MASTER ANYTHING IF I
PRACTICE IT CONTINUALLY

I HAVE MY INTUITION AND WISE JUDGEMENT—
I CAN SEEK INNER GUIDANCE WHENEVER I NEED TO
MY LIFE PURPOSE CAN BE WHATEVER I CHOOSE IT TO BE

ALL IS WELL, RIGHT HERE, RIGHT NOW

*Select one or two a day to say out loud.

Benn There Consulting. LLC

Personalize Affirmations

IAM		IAM
IAM		IAM
Write One Boundary Tha	nt Would Pos	sitively Change Your Life.

Deep Breathing Exercise

Sit or lie down somewhere comfortable.

Breathe in through your nose for 4 counts.

Hold your breath, for 2 counts

Breathe out through your nose, for 6 Counts

Repeat

Practice as often as needed.



Managing your Mental Health



Everyone deserves to be in good mental health.



Mental health is a balance and it requires the ability to manage stress and achieve one's potential.

Stress is normal, but too much can increase the risk of mental health problems.

Small improvements in...



Nutrition







Exercise

Can help us to better manage stress and achieve optimum, mental health.



- Talk To Someone You Trust
- Take Care Of Your Physical Health
- Do Activities That You Enjoy
- Take Two Minutes To Focus On The World Around You
- Tell Yourself That Everything Will Be Fine







notes



notes

Resources

HINDS BEHAVIORAL HEALTH SERVICES

Address: 3450 Highway 80 W

Jackson, MS 39209

Telephone: (601) 321-2400

Hours: 8-4:30/M - F

Services: Mental health services for Hinds County residents.

Program of Assertive Community Treatment (PACT)- A

Program of HINDS BEHAVIORAL HEALTH SERVICES

Hours: Mon-Fri: 8am-4:30pm

Address: 4715 Methodist Home Rd Cottage 1

Jackson, MS 39213

Telephone: 601-586-3873

Services:

PACT teams are mobile, providing convenient and consistent care to individuals in a community-based or home setting at least three times per week. Adults living in Hinds, Rankin, or Madison County, severe and persistent mental illness, multiple psychiatric hospitalizations or emergency psychiatric services in the same year, significant functional impairments, such as difficulty with practical daily living tasks, vocational impairment, and housing instability.

Resources

THE BRIDGE DROP-IN CENTER

Hours: M-F 8am-3pm

Address: 628 West Capitol Street

Jackson, MS 39203

Telephone: 601-398-0066

Services:

Hinds Behavioral Health Services' peer-run drop-in center provides a wide variety of services to help homeless individuals with serious mental illness gain access to housing, treatment, and recovery support.

Peers help individuals build social skills, self-confidence, self-advocacy, and support systems. The drop-in center also provides access to basic needs such as food, showers, toiletries, clothes, laundry, telephones, and mail. Individuals may voluntarily drop-in and participate in activities or use any of the center's services. Adults (18+) experiencing homelessness or chronic homelessness who have a serious mental illness, substance use disorder, serious emotional disturbance, or a co-occurring disorder.



MS FAMILIES AS ALLIES FOR CHILDREN'S MENTAL HEALTH

Address: 840 E. River Place, Suite 500

Jackson, MS 39202

Telephone: (601) 355-0915

Services:

Child advocacy, family support services, mentoring, & parent education classes.

MS STATE HOSPITIAL

Address: 3550 MS-468

Pearl, MS 39208

Telephone: (601) 351-8000

Services:

In patient treatment & case management.

STUBBS HOMELESS PROGRAM

Address: 350 Capers Avenue

Jackson, MS 39203

Telephone: (601) 351-8504

Hours: 8 - 4:30/ M - F

Services:

Offers expansive case-management and outreach services to homeless or potentially homeless individuals who are seriously mentally ill.

The program also has a laundry and shower facility. Psychiatric evaluation and monitoring are available to individuals served by the program.

Thank you!



For questions and/or additional information email:

info@bennthereconsulting.com