



3 Ways to Set Boundaries to Protect Your Health

In our fast-paced world, boundaries are essential for wellness. They act as protective shields, helping you prioritize your time, energy, and goals. Without them, the demands of daily life (and others' expectations) can pull you away from what matters most. By setting healthy boundaries, you're investing in a future where you feel balanced, focused, and in control.

Boundaries matter because they help you create time and space for self-care, allowing you to build habits that align with your values. They aren't about pushing others away; they're about protecting the life you're working toward.

Here are three common scenarios and solutions for boundaries, benefit, and balance!

1. Social Boundaries for Eating Habits

When you change the way you eat, others may push back. Comments like "You can have just one bite" or "Don't be a buzzkill" can make you question your goals or doubt their value. Here's how to keep your commitment strong:

- Communicate your choice: "I'm making changes to support my health, and I'd love your support."
- Offer an alternative: Suggest a place with menu options you enjoy or bring a dish to share.
- Stay confident in your choices: Remind yourself that honoring your commitment is a step toward your goals.

By setting social boundaries, you're reinforcing your health priorities while showing others how much they mean to you.

2. Digital Boundaries for Focus and Stress Reduction

Devices are a major drain on mental energy, often adding to stress. Setting "digital downtime" each day can help reclaim focus and peace. Here are some tips:

- Designate offline hours, and put them in your calendar. This allows for tech-free periods for self-care, like before bed or during meals.
- Silence non-essential notifications and alerts to free up mental space and minimize interruptions.
- Practice intentional tech use. Uninstall those addictive games and negative social media apps. Use your devices as tools for wellness rather than distraction.

Setting digital boundaries allows you to direct your time toward activities that genuinely support your health.

3. Work Boundaries to Protect Self-Care Time

Work demands can easily intrude on personal time, yet boundaries here are key to balance. Here are some ideas:

- Set working hours and stick to them. Communicate your "off-the-clock" times with coworkers and resist checking emails after hours.
- Prioritize breaks! Use your break times for nourishment and movement, whether a balanced meal, a quick walk, or focused relaxation.
- Say "no" when necessary. Yes, it's difficult, but it's important to learn how to politely decline extra tasks when your plate is full, protecting time and energy for your primary goals.

By setting work boundaries, you're better able to balance professional success with personal wellness.

Boundaries are an act of self-respect. When you set a boundary, you're not just saying "no" to others—you're saying "yes" to the life you want to live.

Lemony potatoes with fresh parsley



This simple yet elegant recipe is easy to make, quick to clean up, and a true crowd pleaser. It's delicious, hot and fresh, and makes for a comforting potato salad lunch the next day.

Ingredients:

- 1 pound baby red or Yukon gold potatoes, scrubbed and quartered
- ½ tbsp olive oil
- 1 tbsp fresh lemon juice
- Salt and pepper to taste
- 1/2 teaspoon garlic powder
- grated lemon zest of 1/2 lemon
- 1/2 cup chopped flat leaf parsley
- 1 large square of heavy duty foil (about 18" x 18")

Instructions:

Preheat oven to 400 degrees F.

In a large bowl, toss the potatoes with olive oil, lemon juice, garlic powder, salt, and pepper to taste, Toss to evenly coat.

Place potatoes on the foil. Form a packet by bringing the short ends of the foil together and fold twice to seal, leaving room for steam.

Bake for 35 to 40 minutes, moving them around in the foil halfway through cooking (be careful to avoid steam burns) and re-seal. When potatoes are soft, again carefully open the foil and top with the lemon zest and parsley. Toss, and add more lemon juice and salt and pepper to taste.