



# THE CENTER FOR COUNSELING AND MENTAL HEALTH WELLNESS

Services offered by the Center for Counseling and Mental Health Wellness are free for enrolled students of Tennessee Tech and are confidential. Our mission is to promote healthy student development during the college experience.



## HEALTHY BOUNDARIES

### Contact Us:

**Phone**

931-372-3331

**Eagle Eye Crisis Hotline**

855-206-8997

**Email**

[counsel@tnitech.edu](mailto:counsel@tnitech.edu)

**Address**

Roaden University Center Room 307



This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider. This is not intended for diagnostic purposes.



## What are healthy boundaries?

*Boundaries are the limits we set with others to protect our time, energy, body, and emotions.*

## Why are healthy boundaries important?

To promote respect and safety, prevent burnout and resentment, and support healthy relationships

## Types of boundaries

- **Physical:** Personal space, touch, privacy
  - *"I need some space right now."*
- **Emotional:** Protecting your feelings and mental health
  - *"I'm not ready to talk about that."*
- **Time:** Prioritizing your time and commitments
  - *"I can't take that on right now."*
- **Mental:** Protecting your thoughts, values, and opinions
  - *"I respect your view, but I see it differently."*
- **Material:** Ownership of belongings or finances
  - *"I don't lend my car out."*
- **Digital:** Online presence, screen time, privacy
  - *"Please don't post that without asking me."*



## Taking care of yourself

Start with small steps. Use "I" statements: "I feel uncomfortable when...", be direct, clear, and respectful. Expect resistance as change takes time. Practice self-awareness and self-care. Reaching out to a trusted family member or friend, or a counselor can provide valuable support in navigating college life.

## Signs of unhealthy boundaries

- Feeling overwhelmed or resentful
- Saying "yes" when you want to say "no"
- Fear of conflict or rejection
- Over-sharing or overcommitting
- Feeling responsible for other people's emotions

Empower your relationships with healthy boundaries, because respecting yourself starts with setting limits.