



BETTER BOUNDARIES

NEWCOMER WELLBEING WORKSHOP SERIES




Purpose: This session focuses on boundary identification, reinforcement, and expression. Having boundaries helps us to strengthen our relationships within our community. Topics of discussion include healthy relationships, setting boundaries, and effective communication. Participants will leave with a better understanding of their own boundaries and feel empowered to express themselves through effective communication.

Objectives

- Empower participants to identify and set boundaries with their community
- Gain knowledge on types of boundaries and elements of healthy relationships
- Approaches to effective communication and different ways of saying “no”
- Improve ability to identify when boundaries need to be established



SESSION OVERVIEW

<p>Welcome 5 min.</p>	<p>Welcome participants to program space. Conduct attendance. Participants are introduced to space space, facilitators, and each other. Refreshments served.</p>
<p>Group Guidelines 5 min.</p>	<p>Conduct group guidelines using “pictorial group guidelines”. How can we create a safe, trusting, and secure space?</p> <ul style="list-style-type: none"> • Confidentiality, Respecting Identities, Boundaries and Communication, Try Something New, Ask Questions, Connect & Get support, Be Curious • Provide overview on mental health, mental wellbeing and mental health issues • Address potential misinformation or stigma about mental health
<p>Check-In Activity 5 min.</p>	<p>Tongue Drum Guided Deep Breathing: <i>Subject to change, see check-in & check-out doc.</i></p> <ul style="list-style-type: none"> • Use tongue drum or other rhythm tool to guide participants through slow and deep breathing <ul style="list-style-type: none"> ◦ Belly Breathing: Inhale through nose 4 seconds, hold, exhale through mouth 4 seconds ◦ Double Breathing aka Physiological Sigh: Inhale through nose, inhale again, hold, exhale through mouth <p>This is an opportunity for grounding and centering. Come back to this breathing as needed.</p>
<p>Learn 10 min.</p>	<p>Discussion Question: What are boundaries? Why are they important?</p> <p>Boundaries are the ways that we choose to be in relationship with other people. It is how we communicate the ways that we want to be treated. They can be wants, needs, or expectations. Our boundaries are shaped by personal values, knowledge, and cultures. They are different for each person and each relationship.</p> <ul style="list-style-type: none"> • Physical Boundaries are our personal space and comfort levels surrounding physical touch • Emotional Boundaries involve our feelings. Ex, how much personal information we share. Invalidating another person’s feelings is crossing their emotional boundary • Intellectual Boundaries involve respecting ideas and having appropriate discussion topics • Material Boundaries involve how we and others treat our possessions <p>Discussion Question: How can you notice when you need to establish a boundary? Ex. feelings, bodily reactions.</p> <p>Boundaries can be Porous, Healthy, or Rigid. Use these circles to demonstrate.</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Porous Boundaries</p> <ul style="list-style-type: none"> • Difficulty saying “no” to others • Taking other people’s responsibilities as your own. • Fear rejection from others if they say “no” to a request • Over-share personal information • Accepts when others cross boundaries </div> <div style="text-align: center;">  <p>Healthy Boundaries</p> <ul style="list-style-type: none"> • Communicates wants, needs, and expectations to others • Empowered to say “no” to others • Accepts when others say “no” • Seeks help from others when needed • Does not compromise values for others </div> <div style="text-align: center;">  <p>Rigid Boundaries</p> <ul style="list-style-type: none"> • Avoids intimacy & close relationships • Quick to give up on relationships • Does not ask others for help • Very protective of personal information • Reluctant to compromise and consider others’ ideas </div> </div>



SESSION OVERVIEW

<p>Activity A</p>	<p>Invite participants to walk around the room, and make silly outrageous requests to their fellow participants. When someone asks you a question, test out a new way to say 'no'!</p> <ul style="list-style-type: none"> Ex. Participant 1: "I really like your shoes. Can I have them, right now?" Participant 2: "Oh, I would be too cold without it. But you can buy the same one online!"
<p>Activity B 20 min.</p>	<p>Part 1: Mapping Ourselves – Self-Landscape</p> <ul style="list-style-type: none"> Give each participant a piece of paper Invite participants to draw responses to the following prompts: <ol style="list-style-type: none"> 1. What colour is safety? 2. What does trust look like? 3. What values are most important to you? 4. How do you practice self-care? 5. What brings you comfort? <p>Part 2: Building Relationships – Friendship Sculpture</p> <ul style="list-style-type: none"> Set-Up: Place plasticine on the table and ask participants to group into pairs and assign <i>Person 1</i> and <i>Person 2</i> Invite pairs to bring their <i>self-landscapes</i> together so they are touching Invite pairs to mold a plasticine <i>friendship sculpture</i> that represents their relationship <p>Part 3: Experiencing Harm – Boundary Breakers</p> <ul style="list-style-type: none"> Give each pair a <i>boundary breaker card</i>, and ask <i>Person 1</i> to read it to <i>Person 2</i> Prompt <i>Person 2</i> to change the <i>friendship sculpture</i> according to how they feel (Ex. small indent, smushed down, dented, stretched out, torn apart, etc.) <p>Part 4: Mending Relationship by Establishing Boundaries – Friendship Sculpture</p> <ul style="list-style-type: none"> Invite <i>Person 1</i> to communicate their boundary to <i>Person 2</i> Invite <i>Person 1</i> and <i>Person 2</i> to think about how their relationship is now changed, and reshape their <i>friendship sculpture</i> accordingly (Ex. smooth out the indent, stretch it out, compress it, add texture, create a whole new shape, break it apart etc.) <p>Part 5: New Relationships</p> <ul style="list-style-type: none"> Once participants have completed the activity, ask them to form new pairs Invite new pairs to do bring their <i>self-landscapes</i> together, and do Part 2, 3, and 4 again. This time, self guided.
<p>Reflect & Discuss 10 min.</p>	<p>Discussion Question: Think about the activity we just did. What was surprising? Challenging? Discussion Question: What phrases and words did you use to communicate your boundaries?</p>
<p>Check-Out Activity 5 min.</p>	<p>Dance ribbons check-in activity: <i>Subject to change, see check-in & check-out doc.</i></p> <ul style="list-style-type: none"> Play culturally appropriate music to reflect participant community using portable speaker Invite participants to move with gestures using the dance ribbons Ask a participant to create a gesture with their ribbons. The group mimics the gesture back to the individual. Continue this activity until everyone has completed their gesture.