Moving Beyond Burnout: Creating Healthy Personal Boundaries

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What Is Codependency?

A codependent person

- Has very permeable boundaries, or none.
- Has no sense of self.
- Is always concerned about what the OTHER person needs, wants.
- Is very afraid of making someone angry or disappointing someone.
- Complements the addict, who believes it’s all about THEM.
What Is Codependency?

Where does codependency come from?

- **Family, culture, church and work environments**
- **Our culture encourages women to sacrifice for others**
- **The codependent gives, and gives, and gives and does, and does, and does... until s/he becomes exhausted, angry, frustrated, resentful and sick.**
RECOVERY FROM CODEPENDENCY

In recovery you get support, change and healing from the inside out

- You allow more healthy boundaries.
- You begin to practice saying “no, thank you.”
- You begin to say and feel that you are important.
- You can work with a book such as *The Language of Letting Go* by Melody Beattie or go to recovery meetings, or see a therapist who knows how to support you in this way.
Two books on codependency

Both are by Melody Beattie:

- *The Language of Letting Go*

- *Beyond Codependency*
Maintaining Healthy Boundaries

“Boundaries define who I am and what my responsibilities are.” ~ Michigan Reach Out!

- Boundaries are essential to protect me—they are my invisible fences.
- I am responsible to know, guard, and communicate my boundaries and limits.
- If I know my own boundaries, I can respect others’ boundaries.
Maintaining Healthy Boundaries

Facts regarding boundaries:

- **No one** has or keeps perfect boundaries.
- **Everyone** struggles to establish and maintain healthy boundaries throughout life.
- **Boundaries** offer protection from people who might control us, hurt us, abuse us, manipulate us, or use us.
Maintaining Healthy Boundaries

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SELFLESS  SELFISH
Maintaining Healthy Boundaries

Your goal is to achieve a HEALTHY GIVING ZONE.
Maintaining Healthy Boundaries

“ I KNOW WHO I AM”

- Knowing who you are is important for healing weak boundaries
- Knowing who you are is protection from dysfunction, overwork, abuse, mischief
- You are good, whole, holy, worthy and deserving simply because you are a part of this magnificent creation
Maintaining Healthy Boundaries

I can say “no,”
or delegate,
or let go,
and learn ways to not feel guilty, anxious or afraid.
Maintaining Healthy Boundaries

Ways to look at the world, your job, and problems:

- BOTH-AND, WIN-WIN
  versus

- Black or White     Either-Or

Example:
- I can take care of myself, my health, my needs AND do a great job.
Maintaining Healthy Boundaries

Sacrificing yourself and your health for your job and your family is NOT an option.
Maintaining Healthy Boundaries

In American history, workers have had to establish boundaries on hours in a work day and week, days off, fair pay, and workplace conditions.
Maintaining Healthy Boundaries

- The work will always be there, **AND** I need self-care, nourishment, rest, good sleep, relaxation, creativity and fun, too. These are necessary for me to do a good job, a great job.

- We can problem solve this at work, **and trust that** a good answer is available.

- When I feel that I’m too overwhelmed, too stressed, then **I know to take a moment to center myself and do one thing at a time. All the important things will get done.**
Resources for Healthy Boundaries

- “Going Beyond Either/Or Thinking,” Kevin Eikenberry
  [http://www.hodu.com/either-or.shtml](http://www.hodu.com/either-or.shtml)

- Types of Stress Relief

- “Drawing Effective Personal Boundaries,” Bradley Davidson
  This reading includes some additional guidelines and a very useful exercise to use in strategizing how to deal with boundaries which have been crossed in a methodical way.
Resources for Healthy Boundaries

- “The Power of Saying No,” Linda Tillman, Ph.D.  
  This brief article by clinical psychologist Dr. Linda Tillman is entertaining and instructive on this topic. It describes several varieties of “no.”
  http://www.selfgrowth.com/articles/tillman6.html

- “Work Life Balance: Calling Your Energy Home”
  is a brief inventory of questions by Master Certified Coach Molly Gordon which you can ask yourself and see if you are losing energy from having one or more of these items “hanging over your head.”
Thanks for attending

*Beyond Burnout: Allowing Self-Care Even Amidst the Busyness*

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