**Setting Healthy Boundaries**

**By : Kelsey Ericah Ang**

**Editor : Health Outlook**

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**Co-editors : Astrid Craig, Hailey de Fermery & Jaedalynn Hall**

In today’s fast-paced, interconnected world, many of us find it difficult to say "no" or draw the line when it comes to work, relationships, and daily obligations. Whether it's answering late-night emails, attending social events you’re not interested in, or taking on additional tasks at work, it can sometimes feel like there’s never a clear distinction between what’s expected of you and what you’re actually willing or able to do. This is where setting healthy boundaries comes into play.

At first, setting boundaries might feel uncomfortable, especially for people-pleasers or those who fear conflict and rejection. We may worry that saying "no" will lead to disappointment or strained relationships. However, it is important to remember that boundaries are not about shutting others out; rather, they are about fostering mutual respect. By setting clear boundaries, we create a foundation for more honest and meaningful interactions. We are able to prioritize our needs without guilt, and in turn, we can show up more fully for those around us.

Establishing healthy boundaries is an ongoing process, and it requires practice, patience, and self-awareness. It involves understanding our limits, communicating them effectively, and being consistent in enforcing them. While it might feel challenging at times, especially in environments that encourage overwork or dependence, setting boundaries is essential for maintaining balance in our lives. Ultimately, healthy boundaries lead to healthier, more sustainable relationships with ourselves and others, helping us to lead a more fulfilling and intentional life.