



#talkaboutit

Conversations for Women

Guidelines

*Thank you for participating in HopeWay's community awareness campaign, **#talkaboutit**. We hope this initiative will inspire open conversations about mental health and wellness, with the assumption that making connections with others in this way will spread hope among friends, families, and colleagues. We encourage small organic groups ranging from two to ten people to gather in person or virtually for these discussions. Some small group examples are supper or book clubs, women's or men's groups, or departments within a corporation. Below are some guidelines for having healthy conversations about what can be sensitive and personal topics.*

- **Listen:** Let each person finish their sentences and complete thoughts without interrupting – only one person should be talking at a time.
- **Avoid being judgmental:** This should be a safe place to share experiences and emotions.
- **Take everyone seriously:** Steer away from any language that may minimize or dismiss how a person is feeling, such as, "You were just having a bad month" or "Everyone goes through that."
- **Confidential:** What is discussed and disclosed during the conversation should stay within the group.
- We encourage groups to start with the first question, but if you feel like a different question might be more relatable for participants, then start with that question.
- For this particular kit, a handout on boundaries is included to correspond with certain questions. We recommend reading when the specific card on the key ring prompts you to do so.
- It is ok if your group does not make it through all the questions or chooses to skip some questions - the goal is to have an open conversation.

At the conclusion of the conversation, we encourage you to print the **#talkaboutit** sign included in the materials. Please initial the sign to acknowledge the important conversation. Then snap a photo!

Post #talkaboutit

We believe that hope is contagious, so help us spread the word by posting about your experience.

- 1) Post your photo to your social media channels within two to three days of your **#talkaboutit** conversation.
- 2) Make sure to include your initialed sign.
- 3) Please include **#talkaboutit**, **#hopetalks** and tag **@hopewayclt** so we can all be connected!
- 4) On World Mental Health Day, Saturday, October 10th, 2020 post the **#talkaboutit** image (with above tags and hashtags) provided by the HopeWay team the week before, as a way to send a strong message about the importance of talking about mental health.



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Conversations for Women

1. What experiences in your life, work, and/or family have influenced how you view mental health and self-care?
2. Do you have relationships where you can discuss topics related to mental health? If you've had these discussions, how did they go?
3. What do you find to be the most beneficial form of self-care?
4. What are the barriers to engaging in self-care?
 - If you were talking to a friend, what would you tell them to do?
5. Read the worksheet regarding setting boundaries. Where do you feel that you fit? Rigid, porous, or healthy boundaries?
 - How do you feel like these boundaries developed?
 - How do these boundaries serve you?
 - How do these boundaries hold you back?
 - How often to you evaluate your relationships?
6. What does it mean to be resilient?
7. Complete the sentence: Life should be about...

What are Personal Boundaries?

Personal boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say “no” to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships.

A person who always keeps others at a distance (whether emotionally, physically, or otherwise) is said to have *rigid boundaries*. Alternatively, someone who tends to get too involved with others has *porous boundaries*.

Common traits of rigid, porous, and healthy boundaries.		
Rigid Boundaries	Porous Boundaries	Healthy Boundaries
Avoids intimacy and close relationships. Unlikely to ask for help. Has few close relationships. Very protective of personal information. May seem detached, even with romantic partners. Keeps others at a distance to avoid the possibility of rejection.	Overshares personal information. Difficulty saying “no” to the requests of others. Overinvolved with others’ problems. Dependent on the opinions of others. Accepting of abuse or disrespect. Fears rejection if they do not comply with others.	Values own opinions. Doesn’t compromise values for others. Shares personal information in an appropriate way (does not over or under share). Knows personal wants and needs, and can communicate them. Accepting when others say “no” to them.



Most people have a mix of different boundary types. For example, someone could have healthy boundaries at work, porous boundaries in romantic relationships, and a mix of all three types with their family.



The appropriateness of boundaries depends heavily on setting. What’s appropriate to say when you’re out with friends might not be appropriate when you’re at work.



Some cultures have very different expectations when it comes to boundaries. For example, in some cultures it’s considered wildly inappropriate to express emotions publicly. In other cultures, emotional expression is encouraged.

What are Personal Boundaries?

Types of Boundaries

Physical boundaries refer to personal space and physical touch. Healthy physical boundaries include an awareness of what's appropriate, and what's not, in various settings and types of relationships (hug, shake hands, or kiss?). Physical boundaries may be violated if someone touches you when you don't want them to, or when they invade your personal space (for example, rummaging through your bedroom).

Intellectual boundaries refer to thoughts and ideas. Healthy intellectual boundaries include respect for others' ideas, and an awareness of appropriate discussion (should we talk about the weather, or politics?). Intellectual boundaries are violated when someone dismisses or belittles another person's thoughts or ideas.

Emotional boundaries refer to a person's feelings. Healthy emotional boundaries include limitations on when to share, and when not to share, personal information. For example, gradually sharing personal information during the development of a relationship, as opposed to revealing everything to everyone. Emotional boundaries are violated when someone criticizes, belittles, or invalidates another person's feelings.

Sexual boundaries refer to the emotional, intellectual, and physical aspects of sexuality. Healthy sexual boundaries involve mutual understanding and respect of limitations and desires between sexual partners. Sexual boundaries can be violated with unwanted sexual touch, pressure to engage in sexual acts, leering, or sexual comments.

Material boundaries refer to money and possessions. Healthy material boundaries involve setting limits on what you will share, and with whom. For example, it may be appropriate to lend a car to a family member, but probably not to someone you met this morning. Material boundaries are violated when someone steals or damages another person's possessions, or when they pressure them to give or lend them their possessions.

Time boundaries refer to how a person uses their time. To have healthy time boundaries, a person must set aside enough time for each facet of their life such as work, relationships, and hobbies. Time boundaries are violated when another person demands too much of another's time.

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