

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

Boundaries: Protecting Our Bubble

By Leanne Edwards, psychologist, Student Counselling Centre

Boundaries define us as separate from others. Boundaries are exclusive and adaptable, and every individual has a distinct comfort zone. They are not just physical. Boundaries are also emotional, spiritual, sexual, and relational. Emotional boundaries help us to know that we have our own thoughts, feelings, needs, perceptions and world views. They help us to understand ourselves and our relationships, as well as to determine what treatment we are willing to accept as appropriate.

Suggestions to help you get started on creating and maintaining boundaries:

- ✿ Increase your awareness of your boundaries. Pay attention to your feelings. They are the best signal for letting you know that your physical or emotional bubble has been penetrated.
- ✿ Make others aware of your boundaries. We each have a responsibility to let others know when their actions are not appropriate.
- ✿ Determine the consequences if your boundaries are not respected. This might initially be difficult if you haven't previously done so. Make sure to be serious when stating the consequences and follow through with the actions.

Need For Psychological Help

(Source: psychologistsassociation.ab.ca)

At times we need outside help from a trained, licensed professional in order to work through problems.

Consider therapy if...

- ✿ You feel an overwhelming and prolonged sense of helplessness and sadness, and your problems do not seem to get better despite your efforts and help from family and friends.
- ✿ You are finding it difficult to carry out everyday activities.
- ✿ You worry excessively, expect the worst, or are constantly on edge.
- ✿ Your actions are harmful to yourself or to others.

24-hour Main Crisis & Addictions Line 403.266.1605

UpcomingEVENTS

Feb. 11 and 26 Crush Balls

MainStreet 11 a.m. to 1 p.m.

Make your own Stress Ball

We supply all the necessary materials.

Thinking Straight

(Source: bchealthguide.org)

People with positive attitudes generally enjoy life more, but are they any healthier? The answer is often "yes." Optimism is a resource for healing. Optimists are more likely to overcome pain and adversity in their efforts to improve their medical treatment outcomes.

Your body responds to your thoughts, emotions, and actions. In addition to staying fit, eating right, and managing stress, you can use the following three strategies to help maintain your health.

1 Create positive expectations for health and healing

Changing your expectations from negative to positive may enhance your physical health. Here's how to make the change:

- ✿ Stop all negative self-talk
- ✿ Create positive statements
- ✿ Add mental pictures that support your positive affirmations

2 Open yourself to humour, friendship and love

Positive emotions boost your health. Fortunately, almost anything that makes you feel good about yourself helps you stay healthy.

- ✿ Laugh
- ✿ Seek out friends
- ✿ Plant a plant and pet a pet

3 Engage your spiritual life

If you are interested in your spiritual health, ask for support in your pursuit of healing and spiritual wellness. Your sense of spiritual wellness can help you overcome personal trials and things you cannot change. Through prayer, meditation and being in relationship or community with others on a similar spiritual path, you can enhance your spiritual health which can positively impact your emotional and physical health. Visit the Chaplaincy Office, located in F122.