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Mental Health & Wellbeing

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The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

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If you are concerned about your mental or physical health, please speak with your GP or another qualified healthcare professional.

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PAGE 1 – Understanding Healthy Boundaries

 What are healthy boundaries?

Boundaries are the limits we set to protect our time, energy, emotions and wellbeing.

Healthy boundaries help us build respectful relationships while looking after ourselves.

Setting boundaries doesn't make you selfish—it helps you stay mentally and emotionally healthy.

 Signs you may need stronger boundaries

- ☐ I find it hard to say no.
- ☐ I often put other people's needs before my own.
- ☐ I feel guilty when I set limits.
- ☐ I feel emotionally drained.
- ☐ I take on too much responsibility.
- ☐ I worry about disappointing people.
- ☐ I avoid conflict even when something feels wrong.
- ☐ I struggle to ask for what I need.
- ☐ I feel resentful after helping others.
- ☐ I rarely make time for myself.

 Reflection

How are weak boundaries affecting my wellbeing?

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PAGE 2 – My Boundary Challenges

Take a moment to identify where you find it hardest to set boundaries.

♥♥ I struggle most with...

- ☐ Family
- ☐ Friends
- ☐ Work
- ☐ Relationships
- ☐ Social media
- ☐ Phone calls or messages
- ☐ Volunteering
- ☐ Saying no
- ☐ Asking for space
- ☐ Other

♥♥ My biggest boundary challenge

♥♥ How does this affect me?

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PAGE 3 – My First Boundary

Healthy boundaries start with one small change.

Choose one boundary you'd like to practise this week.

♥ This week I will...

- ☐ Say no when I need to.
- ☐ Ask for help.
- ☐ Take a break without feeling guilty.
- ☐ Protect my personal time.
- ☐ Turn off my phone for a while.
- ☐ Express how I feel respectfully.
- ☐ Leave a situation that feels unhealthy.
- ☐ Make time for self-care.
- ☐ Respect my own needs.

♥ My first boundary goal

♥ How will this improve my wellbeing?

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PAGE 4 – Why Boundaries Matter

Healthy boundaries protect your mental, emotional and physical wellbeing.

They help create relationships built on respect rather than guilt, pressure or obligation.

Setting a boundary isn't about pushing people away—it's about protecting your wellbeing.

 Healthy boundaries help me...

- ☐ Feel less stressed.
- ☐ Protect my time.
- ☐ Protect my energy.
- ☐ Build healthier relationships.
- ☐ Feel more confident.
- ☐ Reduce resentment.
- ☐ Improve my mental wellbeing.
- ☐ Make time for myself.

 The biggest benefit I hope to gain

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PAGE 5 – Learning to Say No

Saying "no" can feel uncomfortable, especially if you're used to putting others first.

Remember, saying no to one thing often means saying yes to your own wellbeing.

♥ Practice saying...

- ☐ "I'm not able to today."
- ☐ "Thank you for asking, but I can't."
- ☐ "I need some time for myself."
- ☐ "That doesn't work for me."
- ☐ "I'll let you know if I'm available."
- ☐ "I'm focusing on my wellbeing right now."
- ☐ "I appreciate you understanding."

♥ One situation where I can practise saying no

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PAGE 6 – Respecting My Own Needs

Your needs matter just as much as anyone else's.

Looking after yourself isn't selfish—it's an important part of maintaining your wellbeing.

♥ Today I need...

- ☐ Rest.
- ☐ Quiet time.
- ☐ Support.
- ☐ Exercise.
- ☐ Healthy food.
- ☐ Time outdoors.
- ☐ Time with loved ones.
- ☐ Time alone.
- ☐ A break from responsibilities.
- ☐ Something else.

♥ One thing I'll do for myself today

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PAGE 7 – Daily Reflection

Take a few moments to reflect on today.

♥ Today I respected my boundaries by...

♥ Something that felt difficult

♥ One thing I'm proud of

♥ One boundary I'll continue tomorrow

♥ Remember

Every time you respect your own boundaries, you're showing yourself the same care and respect that you offer others.

Healthy boundaries aren't walls—they're guidelines that help relationships become healthier and more respectful.

Every small boundary you set is an investment in your wellbeing. 

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PAGE 8 – Recognising Unhealthy Boundaries

Sometimes we don't realise our boundaries have been crossed until we feel overwhelmed or exhausted.

Learning to recognise the signs can help you respond earlier.

 Signs my boundaries may have been crossed

- ☐ I feel resentful.
- ☐ I feel emotionally drained.
- ☐ I feel pressured to say yes.
- ☐ I ignore my own needs.
- ☐ I feel guilty for saying no.
- ☐ I feel taken for granted.
- ☐ I struggle to relax.
- ☐ I feel overwhelmed.
- ☐ I feel anxious around certain people.
- ☐ I lose time for myself.

♥ Which sign do I notice most often?

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PAGE 9 – Understanding Guilt

Many people feel guilty when they first begin setting boundaries.

Feeling guilty doesn't mean you've done something wrong.

It often means you're doing something different.

♥ Today I feel guilty because...

♥ Is this guilt helpful?

☐ Yes

☐ No

☐ I'm not sure

♥ A kinder thought I can choose

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PAGE 10 – My Healthy Boundaries Plan

Small changes create lasting habits.

♥ This week I will...

- ☐ Say no when I need to.
- ☐ Take regular breaks.
- ☐ Protect my free time.
- ☐ Turn my phone off for a while.
- ☐ Ask for what I need.
- ☐ Leave unhealthy conversations.
- ☐ Spend time doing something I enjoy.
- ☐ Respect my own limits.
- ☐ Be kind to myself.
- ☐ Celebrate my progress.

♥ One boundary I'll practise this week

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PAGE 11 – Weekly Reflection

Take a few moments to look back on your week.

♥ This week I protected my wellbeing by...

♥ Something that became easier

♥ One thing I'm proud of

♥ My goal for next week

♥ Remember

Setting healthy boundaries isn't about changing who you are.

It's about respecting yourself as much as you respect others.

Every time you choose to protect your time, energy and wellbeing, you're building a healthier and happier life.

Healthy boundaries create healthy relationships. ♥

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PAGE 12 – Recognising My Limits

Everyone has emotional, physical and mental limits.

Recognising your limits isn't a weakness—it's an important part of protecting your wellbeing.

♥ I notice I've reached my limit when...

- ☐ I feel exhausted.
- ☐ I become irritable.
- ☐ I feel overwhelmed.
- ☐ I stop enjoying things.
- ☐ I feel anxious.
- ☐ I struggle to concentrate.
- ☐ I want to be alone.
- ☐ I feel emotionally drained.

☐ I lose motivation.

☐ Other

♥ One sign I need to slow down

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PAGE 13 – Communicating My Boundaries

Healthy boundaries work best when they are communicated clearly and respectfully.

You don't need to apologise for protecting your wellbeing.

♥ I can say...

☐ "I need some time to think."

☐ "I'm not available today."

☐ "That doesn't work for me."

☐ "I need some time for myself."

☐ "I'm unable to help this time."

☐ "I'd rather not discuss that."

☐ "Thank you for understanding."

♥ One boundary I'd like to communicate

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PAGE 14 – Respecting Other People's Boundaries

Healthy relationships involve respecting each other's boundaries.

Listening and accepting someone's limits helps build trust and mutual respect.

♥ Today I will...

☐ Listen without pressure.

☐ Respect someone's answer.

☐ Avoid making others feel guilty.

☐ Accept different opinions.

☐ Respect personal space.

☐ Be patient.

☐ Communicate respectfully.

☐ Show understanding.

♥ What does respect mean to me?

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PAGE 15 – Weekly Reflection

Take a few moments to reflect on your progress.

♥ This week I respected my boundaries by...

♥ A situation I handled well

♥ One thing I've learned

♥ My goal for next week

♥ Remember

Healthy boundaries are an act of self-respect.

They allow you to care for yourself while still caring about others.

The more you practise setting and respecting boundaries, the more confident and balanced you'll become.

Protecting your wellbeing is one of the kindest things you can do—for yourself and for those around you. ♥

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PAGE 16 – People-Pleasing and Boundaries

Wanting to help others is a positive quality, but constantly putting everyone else first can leave you feeling exhausted.

Healthy boundaries allow you to care for others without neglecting yourself.

♥ I often...

- ☐ Say yes when I want to say no.
- ☐ Worry about disappointing people.
- ☐ Put other people's needs before my own.
- ☐ Feel responsible for everyone's happiness.

- ☐ Avoid conflict.
- ☐ Feel guilty for taking time for myself.
- ☐ Overcommit myself.
- ☐ Struggle to ask for help.
- ☐ Feel emotionally drained.
- ☐ Other

♥ One habit I'd like to change

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PAGE 17 – Making Time for Me

Looking after yourself isn't selfish.

When you care for your own wellbeing, you're better able to support others in a healthy way.

♥ This week I'll make time to...

- ☐ Rest.
- ☐ Read.

- ☐ Go for a walk.
- ☐ Exercise.
- ☐ Spend time with loved ones.
- ☐ Enjoy a hobby.
- ☐ Practice mindfulness.
- ☐ Relax without feeling guilty.
- ☐ Spend time outdoors.
- ☐ Do something that makes me smile.

♥ My self-care plan

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PAGE 18 – My Boundary Success Journal

Every healthy boundary you set is a success.

Take time to recognise your progress.

♥ Today I...

- ☐ Said no respectfully.
- ☐ Asked for what I needed.

- ☐ Took a break.
- ☐ Protected my time.
- ☐ Left an unhealthy situation.
- ☐ Expressed my feelings honestly.
- ☐ Put my wellbeing first.
- ☐ Respected someone else's boundary.
- ☐ Celebrated my progress.

♥ My biggest success today

♥ How did setting this boundary make me feel?

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PAGE 19 – Looking Forward

Building healthy boundaries is a lifelong skill.

The more you practise, the more natural it becomes.

♥ Looking ahead...

One boundary I'll continue to protect

One relationship I'd like to improve

One promise I'll make to myself

♥ Remember

You deserve relationships where your thoughts, feelings and needs are respected.

Every healthy boundary you set is an act of self-respect.

By protecting your wellbeing, you're creating space for healthier, happier and more balanced relationships.

Your time, energy and wellbeing matter. ♥

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PAGE 20 – Setting Boundaries at Work

Work can be rewarding, but it's also important to protect your wellbeing.

Healthy boundaries can help reduce stress and prevent burnout.

♥ At work I will...

- ☐ Take my breaks.
- ☐ Finish work on time when possible.
- ☐ Ask for help if I need it.
- ☐ Be honest about my workload.
- ☐ Take my annual leave.
- ☐ Avoid checking work messages outside work.
- ☐ Respect my own limits.
- ☐ Make time to rest.

♥ One work boundary I'd like to improve

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PAGE 21 – Setting Boundaries with Technology

Phones, emails and social media can make it difficult to switch off.

Creating healthy digital boundaries can improve your wellbeing.

♥ This week I will...

- ☐ Put my phone away before bed.
- ☐ Take breaks from social media.
- ☐ Turn off unnecessary notifications.
- ☐ Avoid replying immediately to every message.
- ☐ Spend time offline.
- ☐ Protect my personal time.
- ☐ Use technology with purpose.
- ☐ Enjoy screen-free moments.

♥ One digital boundary I'll set

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PAGE 22 – Building Healthy Relationships

Healthy relationships are built on trust, respect and honest communication.

Boundaries help relationships grow stronger.

♥ A healthy relationship includes...

- ☐ Mutual respect.
- ☐ Honest communication.
- ☐ Feeling safe.
- ☐ Listening to each other.
- ☐ Respecting boundaries.
- ☐ Supporting one another.
- ☐ Trust.
- ☐ Kindness.
- ☐ Acceptance.
- ☐ Encouragement.

♥ What does a healthy relationship mean to me?

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PAGE 23 – My Boundary Reflection

Take a moment to recognise your progress.

♥ Since starting this workbook...

I have learned...

I feel more confident because...

One boundary I will continue to protect...

♥ Remember

Healthy boundaries aren't about keeping people out.

They're about creating relationships where everyone feels respected, valued and heard.

Every time you choose to respect your own limits, you're building a healthier future.

Your wellbeing deserves the same care and respect you give to others. ♥

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PAGE 24 – Respecting My Time

Your time is valuable.

It's okay to protect your time and choose how you spend it.

Every time you say yes to everything, you may be saying no to your own wellbeing.

♥ This week I will...

- ☐ Schedule time for myself.
- ☐ Say no without feeling guilty.
- ☐ Take regular breaks.
- ☐ Protect my days off.
- ☐ Spend time doing things I enjoy.
- ☐ Avoid overcommitting myself.
- ☐ Respect my own priorities.
- ☐ Remember my wellbeing matters.

♥ One way I'll protect my time

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PAGE 25 – My Confidence Journal

Setting boundaries becomes easier with practice.

Celebrate every step you take.

♥ Today I...

- ☐ Said no respectfully.
- ☐ Asked for what I needed.
- ☐ Protected my personal time.
- ☐ Took a break.
- ☐ Spoke honestly.
- ☐ Put my wellbeing first.
- ☐ Respected someone else's boundary.
- ☐ Felt more confident.
- ☐ Celebrated my progress.

♥ My biggest success today

♥ How did it make me feel?

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PAGE 26 – My Personal Boundary Toolkit

Create a list of strategies that help you protect your wellbeing.

♥ My Boundary Toolkit

- ☐ Saying no politely.
- ☐ Taking regular breaks.
- ☐ Turning off my phone.
- ☐ Leaving unhealthy conversations.
- ☐ Asking for support.
- ☐ Scheduling self-care.
- ☐ Taking time to think before answering.
- ☐ Practising assertive communication.
- ☐ Spending time outdoors.
- ☐ Journaling.
- ☐ Other

♥ My three most helpful boundary tools

1.

2.

3.

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PAGE 27 – Looking Ahead

Healthy boundaries become stronger each time you use them.

Small changes today can lead to healthier relationships tomorrow.

♥ Looking ahead...

One boundary I'll continue to protect

One relationship I'd like to improve

My promise to myself

♥ Remember

Healthy boundaries don't push people away.

They create relationships based on honesty, respect and understanding.

By protecting your time, energy and wellbeing, you're also teaching others how to respect you.

You deserve relationships where you feel safe, valued and respected. ♥

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PAGE 28 – Setting Boundaries Without Guilt

It's normal to feel guilty when you first begin setting boundaries.

Remember, protecting your wellbeing isn't selfish—it's healthy.

The guilt often fades as your confidence grows.

♥ Today I will remind myself...

☐ My needs matter.

☐ It's okay to say no.

☐ I don't need to explain every decision.

☐ I deserve rest.

☐ I cannot please everyone.

- ☐ Looking after myself helps me look after others.
- ☐ Healthy boundaries are a sign of self-respect.
- ☐ My wellbeing is important.

♥ One guilty thought I'd like to let go of

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PAGE 29 – Recognising Healthy Relationships

Healthy relationships make you feel respected, valued and safe.

They allow both people to express their needs without fear.

♥ Healthy relationships include...

- ☐ Mutual respect.
- ☐ Trust.
- ☐ Honest communication.
- ☐ Feeling listened to.
- ☐ Support during difficult times.
- ☐ Respect for boundaries.
- ☐ Encouragement.

- ☐ Kindness.
- ☐ Acceptance.
- ☐ Shared responsibility.

♥ A relationship I'd like to strengthen

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PAGE 30 – My Boundary Action Plan

Small, consistent actions create lasting change.

♥ This month I will...

- ☐ Say no when I need to.
- ☐ Protect my personal time.
- ☐ Take breaks.
- ☐ Speak honestly.
- ☐ Ask for support.
- ☐ Limit my workload when possible.
- ☐ Make time for self-care.
- ☐ Respect my own feelings.
- ☐ Celebrate every success.

☐ Keep practising.

♥ My biggest boundary goal

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PAGE 31 – My Healthy Boundaries Journey

Take a moment to recognise how far you've come.

♥ Looking back...

The biggest thing I've learned is...

The boundary that has helped me most is...

One thing I'm proud of is...

♥ Remember

Healthy boundaries are a gift to yourself and to the people around you.

They create healthier relationships, reduce stress and help you protect your wellbeing.

Every boundary you set is another step towards living a healthier, happier and more balanced life.

You deserve to be respected, valued and heard. ♥

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PAGE 32 – Building Lasting Boundaries

Healthy boundaries become easier with practice.

Every time you respect your own limits, you strengthen your confidence and self-respect.

Progress isn't about being perfect—it's about being consistent.

♥ Today I choose to...

☐ Respect my own needs.

☐ Speak honestly and kindly.

☐ Trust my decisions.

☐ Protect my time.

☐ Protect my energy.

- ☐ Accept that I can't please everyone.
- ☐ Continue building healthy relationships.
- ☐ Celebrate my progress.

♥ One boundary I'll continue to protect

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PAGE 33 – Looking After My Wellbeing

Looking after yourself helps you stay emotionally, mentally and physically healthy.

♥ This week I will...

- ☐ Get enough sleep.
- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Spend time outdoors.
- ☐ Exercise or move my body.
- ☐ Take regular breaks.
- ☐ Spend time with supportive people.
- ☐ Make time for hobbies.
- ☐ Be kind to myself.

☐ Celebrate my progress.

♥ One healthy habit I'll continue

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PAGE 34 – My Personal Boundary Toolkit

Everyone has different ways of protecting their wellbeing.

Create a toolkit you can use whenever you need it.

♥ My Boundary Toolkit

☐ Saying no respectfully.

☐ Taking regular breaks.

☐ Turning off my phone.

☐ Spending time alone.

☐ Asking for support.

☐ Journaling.

☐ Going for a walk.

☐ Deep breathing.

☐ Practising mindfulness.

☐ Doing something I enjoy.

☐ Other

♥ My three most helpful boundary tools

1.

2.

3.

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PAGE 35 – My Healthy Boundaries Journey

Take a moment to celebrate your progress.

♥ Looking back...

The biggest lesson I've learned is...

The boundary that has helped me most is...

One thing I'm most proud of is...

♥ Remember

Healthy boundaries are an act of kindness towards yourself.

They allow you to care for others without losing yourself.

Every boundary you set helps create a healthier, happier and more balanced life.

You deserve relationships where your time, energy and wellbeing are respected. ♥

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PAGE 36 – Respecting Yourself Every Day

Healthy boundaries begin with self-respect.

The way you treat yourself teaches others how you expect to be treated.

Choosing yourself isn't selfish—it's an important part of living a healthy and balanced life.

♥ Today I will...

- ☐ Respect my own feelings.
- ☐ Listen to my needs.
- ☐ Speak kindly to myself.
- ☐ Protect my time.
- ☐ Protect my energy.
- ☐ Accept that I can't do everything.
- ☐ Make time to rest.
- ☐ Celebrate my progress.

♥ One way I'll show myself respect today

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PAGE 37 – My Personal Boundary Promise

Healthy boundaries become stronger every time you practise them.

♥ I promise to...

- ☐ Respect my own limits.
- ☐ Say no without guilt.
- ☐ Communicate honestly.
- ☐ Make time for myself.

- ☐ Ask for help when I need it.
- ☐ Continue practising healthy boundaries.
- ☐ Be patient with myself.
- ☐ Celebrate every step forward.

♥ My personal promise

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PAGE 38 – My Wellbeing Plan

Looking after yourself helps you build healthier relationships and a healthier life.

♥ I will continue to...

- ☐ Get enough sleep.
- ☐ Eat balanced meals.
- ☐ Drink enough water.
- ☐ Spend time outdoors.
- ☐ Exercise regularly.
- ☐ Make time for rest.
- ☐ Stay connected with supportive people.

☐ Continue setting healthy boundaries.

☐ Speak kindly to myself.

☐ Celebrate my progress.

♥ Three things that help me protect my wellbeing

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the Healthy Boundaries Workbook

Congratulations on completing this workbook.

Every page you've completed has helped you build the confidence to protect your time, energy and wellbeing while creating healthier relationships.

Remember:

♥ Your needs matter.

♥ It's okay to say no.

♥ Healthy boundaries are healthy relationships.

♥ Progress is more important than perfection.

♥ You deserve to be treated with kindness and respect.

♥ My Commitment

From today I promise to...

Name

Date

Signature (Optional)

♥ Final Reminder

This workbook is designed as a self-help resource to support your mental wellbeing. It is not a substitute for professional medical advice, diagnosis or treatment. If difficulties with boundaries are having a significant impact on your mental health or relationships, please speak with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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