

July is BIPOC Mental Health Awareness Month

Setting boundaries for healthy relationships

Black, Indigenous and People of Color (BIPOC) are at risk of experiencing unique trauma due to mental and emotional injury from a variety of causes.

If you have experienced such trauma, you may find that your relationships are impacted. Consider these strategies to protect and manage your closest relationships and all that are important to you.

Prioritize needs

Take the time to think through where you stand, what you can and cannot tolerate, and what makes you feel happy or uncomfortable.

Anticipate resistance

Expect that others may not easily understand your boundaries, especially if they have different backgrounds or personalities.

Communicate boundaries

Clearly and directly let others know of your boundaries and reiterate them if you feel they are being overstepped.

Distance yourself if necessary

If you feel disrespected or have your boundaries crossed repeatedly, it may be time to cut off further interactions to protect your emotional wellbeing.

Visit your member website for more information.

