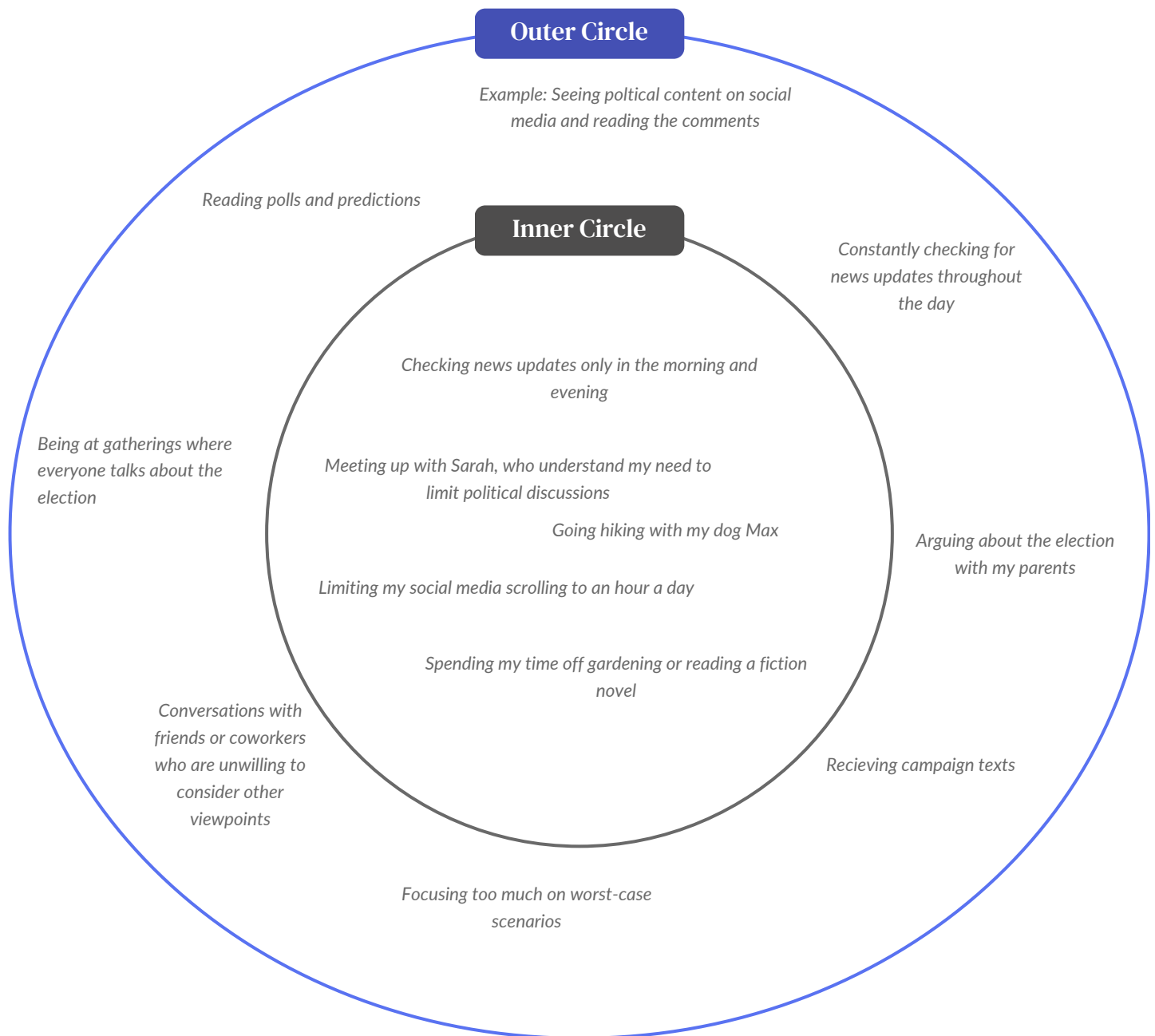


# How to Set Healthy Boundaries

This worksheet is designed to help you identify and set healthy boundaries to manage anxiety related to the election. **By setting clear boundaries around your exposure to election content and discussions, you can reduce stress, protect your mental health, and maintain a sense of balance during this time.** Use this worksheet to explore what boundaries you need, how to communicate them, and strategies for maintaining them.

## PART 1: Visualize Your Boundaries

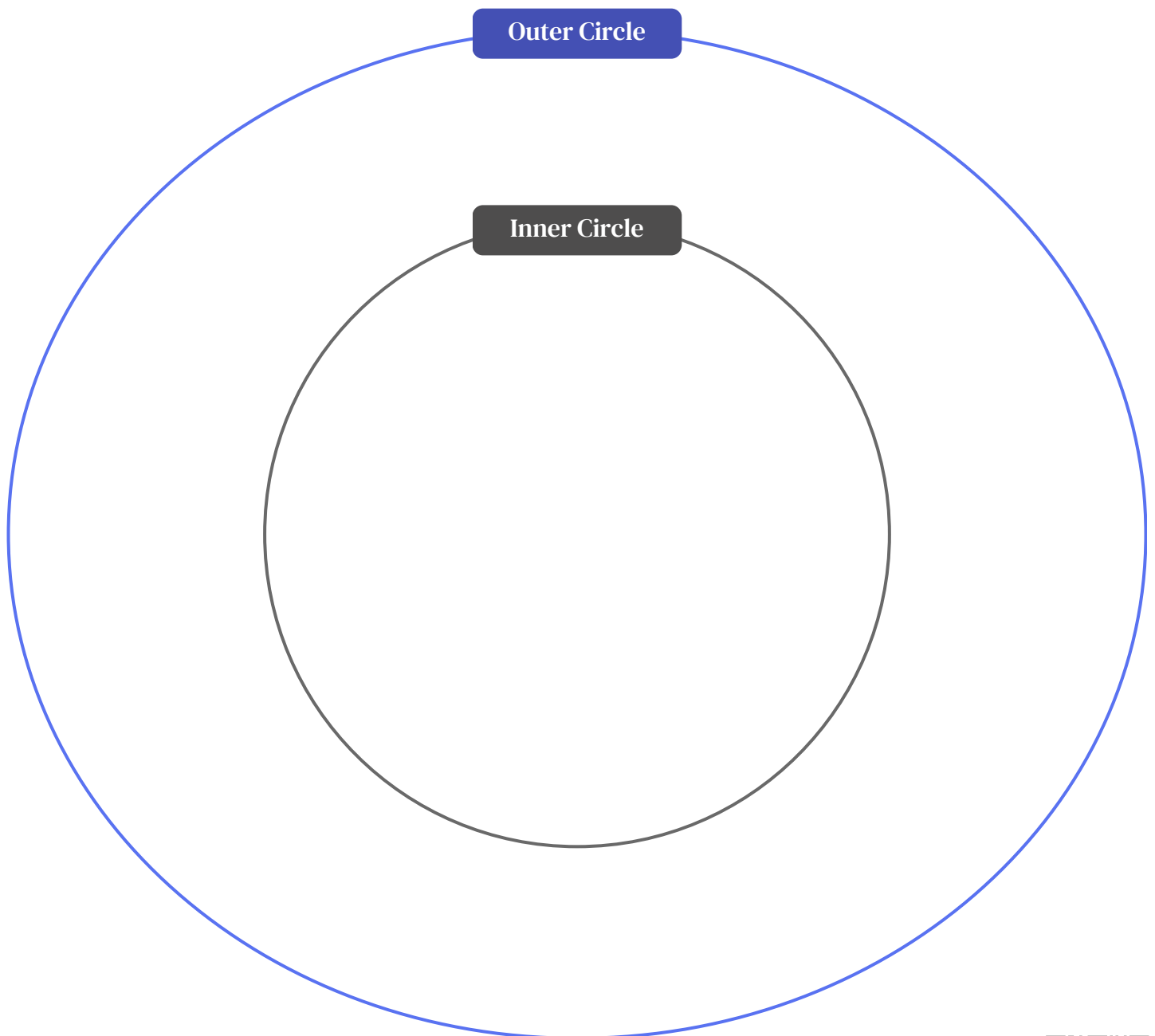
Inside the circle, write everything that makes you feel calm, informed, and in control during the election season. On the outside of the circle, Write down anything that makes you feel stressed, anxious, or overwhelmed during the election season. These are the things that push your boundaries and need further attention.



# How to Set Healthy Boundaries

When filling out your inner and outer circle, here are some questions to consider:

- Who or what makes me feel supported and understood when I'm feeling anxious about the election?
- Who or what makes me feel more anxious or misunderstood when I'm feeling anxious about the election?
- What types of election-related content or conversations tend to increase my anxiety or stress levels?
- What types of election-related content or conversations tend to decrease my anxiety or stress levels?
- What environments or settings help me maintain a balanced perspective on the election?
- What environments or settings make it harder for me to maintain a balanced perspective on the election?



## PART 2: How to Communicate Your Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

### Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

### Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

### Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

### Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

### Information Boundaries

- Limit news consumption to X amount of time per day
- Unfollow or mute anxiety-inducing social media accounts
- Avoid checking news or social media right before bed
- Subscribe only to news sources that provide balanced coverage
- Check election updates only 1-2 times per day

### Emotional Boundaries

- Step away from conversations that make me feel anxious
- Avoid engaging in discussions about the election when I'm already feeling stressed
- Set aside time each day to engage in activities unrelated to the election.
- Prioritize mental health over staying constantly informed.

### Interpersonal Boundaries

- Avoid discussing the election with loved ones who tend to become argumentative
- Avoid political discussions during work hours
- Limit participation in group chats or online conversations about politics
- Tell loved ones that I'm taking a break from political conversations



## PART 3: Develop Strategies for Maintaining Boundaries (Example Page)

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

### Situation:

*Example: My friends frequently share alarming news articles in our group chat, and I feel obligated to read and respond to them, even when it's overwhelming.*

### Boundary I will set:

*In the group chat, I will send the following text: "I'm trying to reduce my anxiety, so I'd appreciate it if we could keep this chat light and avoid political news for now." If they continue to share, I'll mute the conversation and check in only when I feel up to it, focusing on the parts of the chat that are supportive and positive.*

### Any potential challenges:

*Stacey tends to ignore my needs, even when I state them overtly. Although I can mute her on the group chat, I cannot avoid her and her political discussions when we hang out in person.*

### How I will handle these challenges:

*I can let my other friends know how important this is to me, and if they can help me redirect Stacey to more neutral conversations. If that doesn't work, I can avoid large group hangouts, and hang out one-on-one with friends until the elections have passed.*



# How to Set Healthy Boundaries

## PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

**Situation:**

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**Boundary I will set:**

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**Any potential challenges:**

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**How I will handle these challenges:**

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



300+  
Companies Reviewed



2,350+  
Hours of Firsthand Experience



1,150+  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

