

Healthy Boundaries Build Stronger Friendships

What Are **Boundaries**?

Boundaries are personal limits that protect your time, energy, and emotional wellbeing. They are not walls — they are guidelines for healthy relationships.

Why **Boundaries Matter**

Without boundaries, friendships can lead to:

- Burnout
- Resentment
- Miscommunication

Healthy boundaries help:

- Maintain respect
- Support clear communication
- Keep relationships balanced

Examples of Boundaries

- Limiting how often you connect
- Saying no when needed
- Protecting personal time
- Speaking up when something is uncomfortable

Signs You May Need Boundaries

- You feel drained after interactions
- You avoid honesty to prevent conflict
- You feel responsible for others' emotions
- The relationship feels one-sided

Communicating Boundaries

- Be clear and respectful
- Focus on your needs
- Keep it simple and honest

Key takeaway: Setting boundaries is self-care — and supports healthier friendships.

The USPS EAP can help employees develop healthy boundary-setting and communication skills. If you're feeling overwhelmed or unsure how to express your needs in relationships, the EAP is available for support.