

EMPOWERING RESILIENCE:  
MASTERING BOUNDARIES  
FOR FIRST RESPONDERS

WITH MAKENZIE TIEGS





# MaKenzie Tiegs



# Objectives

## Understand

Learn what boundaries are and why they are important for well-being and resiliency.

## Differentiate

Healthy boundaries help, while barriers hinder personal growth.

## Recognize

Identify how unhealthy boundaries can increase stress and strain on relationships.

## Establish

Develop skills to set and uphold boundaries effectively in various relationships

# What is BOUNDARY?

**B** BE AWARE  
**O** OF WHAT IS  
**U** UNACCEPTABLE AND  
**N** NORMALIZE SAYING NO.  
**D** DO WHAT IS BEST FOR YOU  
**A** AND KNOW THAT THINGS AREN'T YOUR  
**R** RESPONSIBILITY ALL THE TIME.  
**Y** YOUR NEEDS MATTER TOO.





**LOT 15**  
9861 S.F.

**LOT 14**  
10,408 S.F.

**Having healthy  
boundaries is a lifestyle,  
not a quick fix.**

# Understanding

## Boundaries

Boundaries are guidelines, rules, or limits that a person creates to identify reasonable, safe, and permissible ways for others to behave towards them and how they will respond when someone passes those limits.



# Trauma Affects Our Boundaries

- Skews our perception of control, personal rights, and safety.
- Leads to individuals believing their boundaries weren't respected in the past and won't be in the future, or that they're not worthy of having their boundaries respected
- Adaptability can sometimes blur the lines of personal boundaries in the career of EMS and healthcare
- Barriers get placed instead of boundaries, holding the bad in and not allowing good to come in

# Personal Boundaires

- Boundaries define us
- Personal space
- Keep good in; keep bad out
- Identify own responsibilities
- Give us control over our lives

# Types of Boundaries

<b>Mental</b>	Protecting thoughts, beliefs and values we personally have with ourselves.
<b>Physical</b>	Protect your space and body. To have privacy and meet your physical needs such as resting and eating.
<b>Emotional</b>	Protecting your right to have your own feelings and emotions.
<b>Spiritual</b>	Protect your right to believe in what you want, worship as you wish and practice your spiritual or religious beliefs
<b>Time</b>	Protect how you spend your time, from agreeing to do things you don't want to do, having people waste your time, and being overworked

# You might need boundaries

- Family
- Friends
- Co-workers
- Romantic partner
- Social Media
- Yourself
- Work
- Neighbors
- Relatives
- Your time
- Your skills

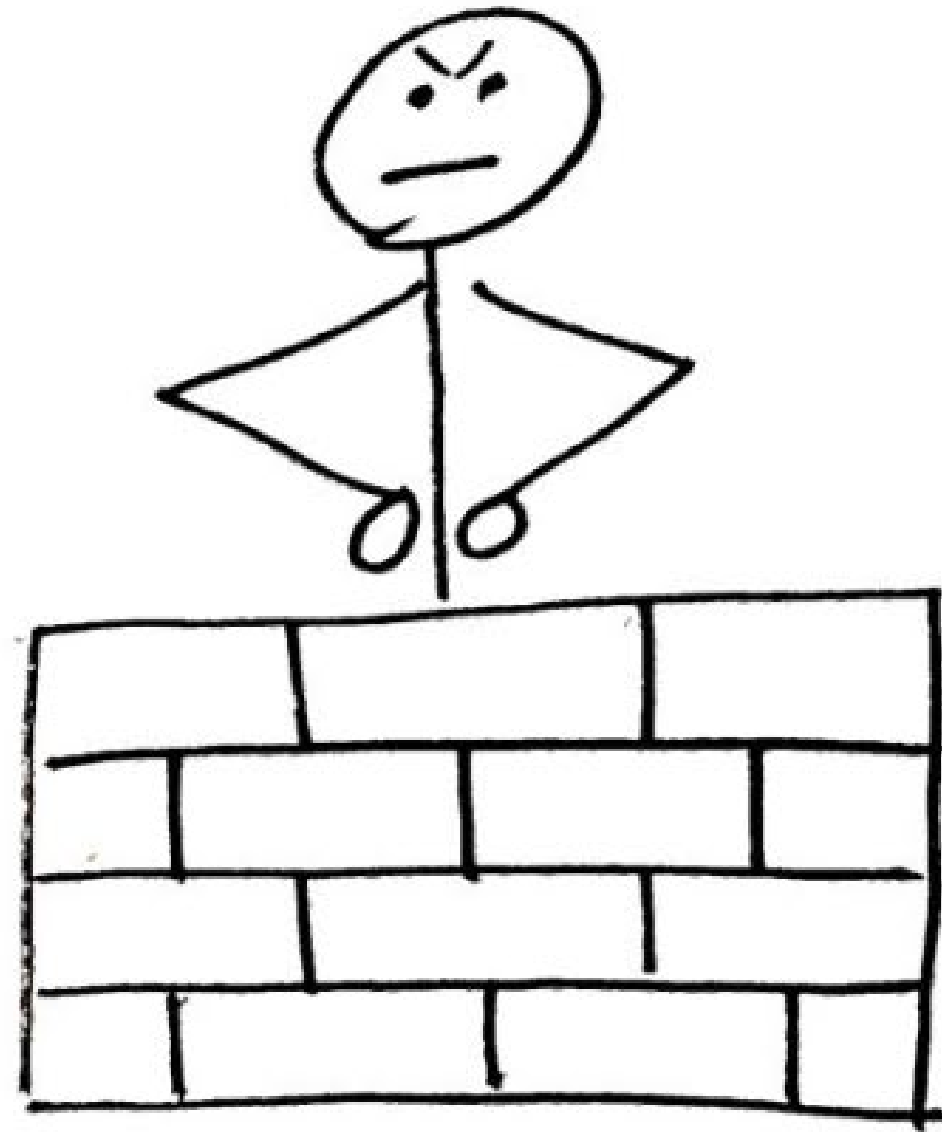
**with**

BOUNDARIES



NOT

BARRIERS



# Lack of Boundaries

- Loss of self: identity and lifestyle - spend time with the wrong people and find identities in our careers
- Uncomfortable behaviors - establish patterns that are not like us, yet we don't know how to get out of the cycle
- Isolation - avoiding others and situations.
- Doing too much - over committing due to lack of being able to say "no"
- Addictive behaviors - substance can be a way to escape painful emotions or feelings

# HYPERAROUSAL

Use mindfulness,  
grounding, Breath work

Overreactive, unclear thought,  
Emotionally distressed

Can't calm down

# WINDOW OF TOLERANCE

The body is in its optimal state, Can access both  
reason and emotion, Mentally engaged

Shutting Down

Depressed, lethargic,  
numb, unmotivated

Use mindfulness, breath work,  
physical activity

# HYPOAROUSAL

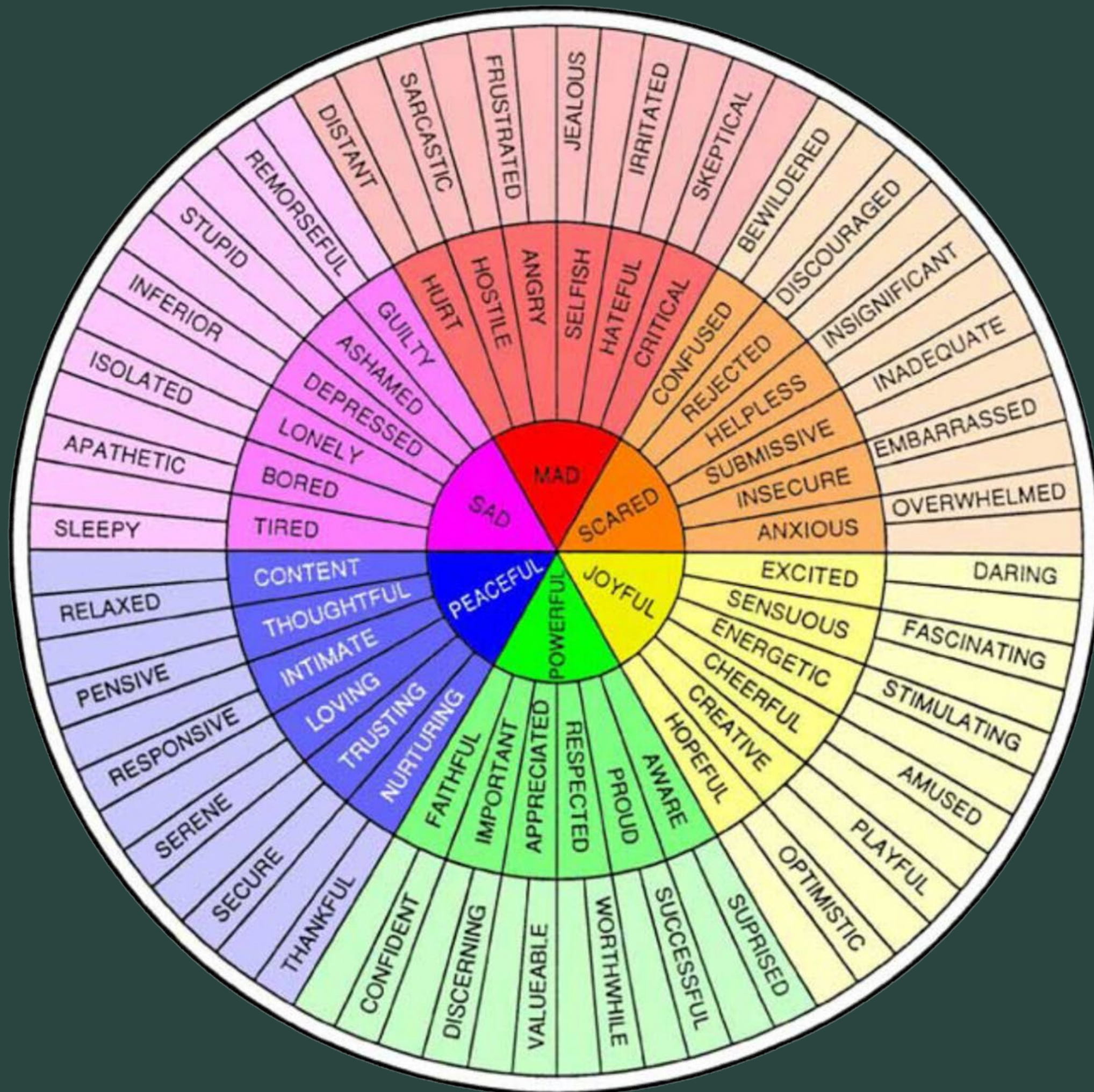
# Setting Boundaries

- Identify your limits - consider what you can tolerate and what you will not
- Be specific - set precise boundaries that correlate to the behavior you want to address
- Be clear - set clear boundaries about your limits so others know what is not acceptable
- Hold your boundaries - follow through with what you say and your actions.
- Remember boundaries are for you - this can feel like your decisions are hurting others, but you are a priority
- Address problems directly - directly address the boundary with the person as soon as possible.



# Practical Tools

- Use “I” statements - “I feel hurt when you drink and say unkind words to me. Next time you drink that much, I am going to remove myself from the situation”
- Establish consequences - let the person know what the cause to the effect is
- Consistent Enforcement - consistency, intentionality and reputation is how boundaries will be best held
- Negation Skills - come to a compromise you feel good about
- Self - Care Routines - regulate your own emotions and feelings
- Don't JADE (justify, argue, defend, explain) - No is a complete sentence, you do not have to validate why you are doing this to others



# Side Effects

- Balancing work and personal life
- Enhancing relationships through communication
- Preventing burnout
- Enhancing emotional well - being
- Stop filling time with non - sense
- Mitigating stress
- Greater productivity
- Prioritizing your needs in life
- Efficiency in achieving goals
- Empowering in personal growth
- Positive decision - making
- Reinforcing self - prepect and self - worth

# THANK

FOR INVESTING IN YOUR EMPLOYEES WELLNESS

# YOU!



**MaKenzie Tiegs**

208 - 880 - 9327

[m.rawthoughts@gmail.com](mailto:m.rawthoughts@gmail.com)

Raw Thoughts Podcast

YouTube, Spotify, Apple Podcast And More!