



# Self-Care



## Setting Boundaries

- There may be times when you are supporting a friend and are worn down or struggling yourself. Remember, **it is not your job alone to support your friend**, and it is okay to set boundaries.
- Setting boundaries can be really hard; you may not want your friend to think you are letting them down, that their problems are too much, or that you don't care. It's totally natural to feel that way, but by setting boundaries, you aren't doing any of those things. **Being honest about what your capacity is, allows your friend to make the best choice for them.**

## Communicating your Boundaries & Limitations

- Open and empathetic communication is critical to setting boundaries.  
Here are some examples:
  - “I know that going into midterms I am going to get really run down, so I wanted to talk ahead of time to see if I could help you set up some other supports for when I get swamped?”
  - “I am really grateful that you shared your experience with me, and I want to keep being there for you. I also know that there are some things that I can't help you with, but a professional could. Can we talk about what that might look like?”
  - “I'm really struggling right now as well and need to recharge my batteries a bit so I can continue to be there for you. I want to be clear, I am not saying I don't want to talk about this, I just need to take a step back from talking about it so much and want to make sure you still have support, for times like this. Can I share some additional resources with you?”

## Access Resources for Yourself!

- Resources available to survivors are also available to support YOU.
  - WISE Campus Advocate, Counseling Center, Chaplain, etc.
- Hearing about traumatic experiences and supporting those who are hurting impacts us as well; it's called secondary or vicarious trauma.
  - Don't feel like you shouldn't access resources because you weren't the one who was harmed (the “my friend has it way worse” mentality). Your feelings and needs are valid and you deserve support too.
- Remember, if you are depleted, you can't be there for the person you care about.