

# Learning Circle Discussion Guide: Boundaries and Self Care

**Directions:** In your local Learning Circles, a Peer Facilitator leads a discussion leveraging the questions below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

Maintaining boundaries is hard. It is normal to make mistakes. Being aware of these situations and learning from them is important to developing greater boundary skills.

1. Think of a time when you may have experienced a blurred boundary (with a person you are serving, in your personal life or at work). What was it like? What was the impact / potential impact? How did you correct it? How could you have prevented it?
2. What types of situations do you find most challenging in maintaining boundaries? How do you protect yourself from crossing the boundary line in those situations? What is the most helpful tactic you use?
3. Establishing and maintaining boundaries can cause individuals to emotionally react. What are some reactions that may happen when you attempt to set and maintain a boundary? What can you do to continue to show unconditional support and caring during this type of situation?
4. Our work can be challenging and emotionally draining. Taking time to care for yourself is different for each person and an important strategy to stay healthy, focused and energized. Identify three things you can do at home and three things you can do at work to practice self-care. Share with the members of your group why these strategies are important to you.