

Setting boundaries



60 minutes

Objective

- *To help participants understand and practise setting healthy boundaries as a way to achieve social rest. The session aims to guide them in recognising draining social interactions, prioritising relationships that are mutually supportive, and creating space for solitude and genuine connection.*

Materials needed

- Comfortable seating (chairs, cushions, or mats)
- Printed copies of the Social Rest manual
- Pens and paper or journals for note-taking
- Scenario cards for boundary-setting role-play exercises
- Optional: whiteboard or flip chart for group brainstorming
- Optional: calming background music during reflection periods



Tool Description

This tool introduces the concept of boundaries as a cornerstone of social rest. Participants learn to identify situations where their energy is depleted by social demands, and explore strategies for protecting their time, emotional space, and mental wellbeing. Through guided reflection, role-play, and discussion, they will develop practical ways to say “no” without guilt, communicate their needs clearly, and nurture relationships that respect their limits. By the end of the session, participants will have a personal boundaries plan to maintain healthier social interactions and greater emotional balance.



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Instructions

1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Social Rest**
- Introduce the importance of **setting boundaries** as a practice and let participants know this will be the main focus of this module

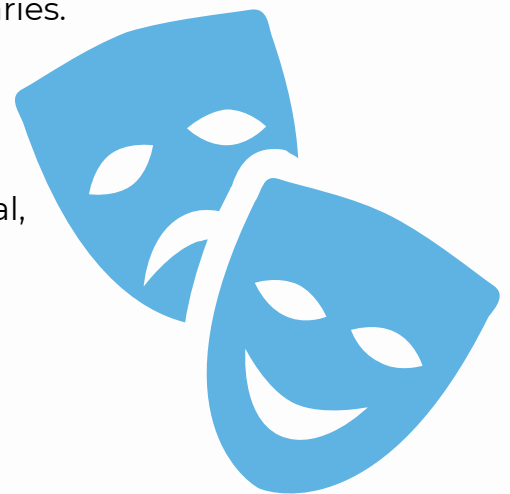
2 – Exploring current boundaries

Participants reflect on their existing boundaries in different contexts, work, friendships, family, and social obligations. They identify situations where they feel overextended or pressured to engage when they need rest. This step helps them see patterns and pinpoint areas that need change.

3 – Guided role-play and boundary setting

Using prepared scenario cards, the facilitator leads role-play exercises where participants practise setting and communicating boundaries.

Scenarios may include declining an invitation, limiting time on group chats, or saying no to extra work tasks. After each role-play, the group reflects on what felt natural, what felt challenging, and what could be improved.



4 – Reflection and journaling

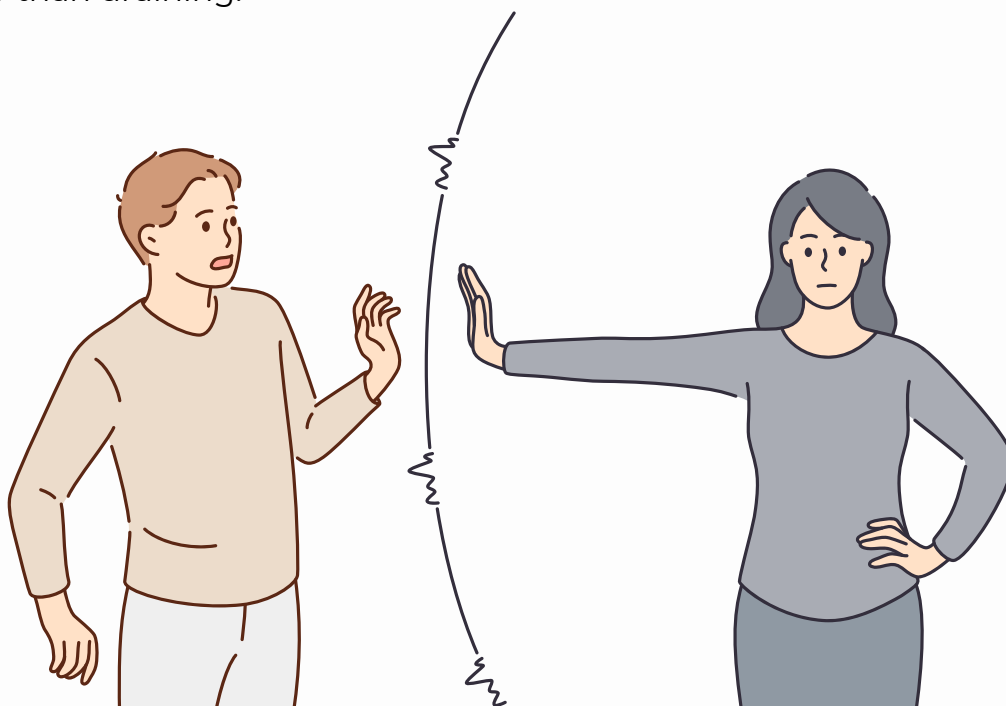
Participants take time to write about what boundaries mean to them and how their current boundaries affect their wellbeing. They are encouraged to explore the emotions connected to saying “no” or stepping back, and to identify any fears or assumptions that make setting boundaries difficult.

5 – Designing a personal boundaries plan

The facilitator guides participants in creating a personalised action plan that outlines the boundaries they want to set, how they will communicate them, and strategies for maintaining them over time. This plan includes both immediate changes and long-term goals for healthier social interaction.

6 – Sharing and closing

The group comes together to share insights, challenges, and intentions. The facilitator closes by emphasising that boundaries are an act of self-respect and a foundation for sustaining relationships that are energising rather than draining.



Reflection questions

Here are a few questions to facilitate discussion and reflection, such as:

- Do you feel you can clearly explain the concept of social rest?

**Boundaries are bridges to
healthier connections, not
walls to shut others out.**

- How did this activity affect your mental and emotional state?
- In what ways can you incorporate boundary-setting into your daily routine?
- What specific situations in your life would benefit most from clearer boundaries?
- How can you communicate your boundaries in a way that feels both respectful and firm?



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