

Ify Otuya Mental Health Toolkit

10 Boundaries Skills

Protect your energy. Honor your needs.

Boundaries aren't walls — they're bridges to healthier relationships, stronger self-respect, and clearer communication. When we set boundaries, we're not pushing people away; we're creating space to thrive — emotionally, mentally, and even physically.

This guide offers practical tools to help you recognize when a boundary is needed, set it with clarity, and hold it with confidence — without guilt or second-guessing. Whether you're learning to say no, carve out alone time, or speak up when something doesn't feel right, these skills are here to help you build self-trust and emotional freedom.

Let's explore how strong boundaries lead to stronger relationships — with others, and with yourself.

10 Boundaries Skills

Here are insightful and empowering examples of boundaries skills—the ability to recognize, set, and maintain healthy limits that protect your well-being:

1. Saying “No” Without Guilt

Respecting your own limits by turning down requests that overwhelm or drain you, even if others are disappointed.

2. Communicating Needs Clearly

Stating your limits in a kind but firm way (e.g., “I need time to recharge after work, so I won't be available to talk tonight”).

3. Recognizing When You Feel Uncomfortable

Noticing when something feels “off” and honoring that gut feeling instead of pushing through to please others.

4. Protecting Your Time and Energy

Blocking off rest time, turning off notifications, or limiting interactions that leave you feeling depleted.

5. Detaching From Others’ Reactions

Understanding that people might not like your boundaries—but their feelings don’t mean you’re doing something wrong.

6. Repeating Boundaries as Needed

Not backing down after one “no.” Consistently reinforcing your limits when people test or ignore them.

7. Setting Emotional Boundaries

Choosing what emotions you’re responsible for and which ones you’re not—e.g., “I care about you, but I’m not responsible for your choices.”

8. Ending Conversations or Relationships That Violate Your Limits

Recognizing when patterns are harmful and stepping away to protect your peace.

9. Respecting Others’ Boundaries Too

Listening and honoring what *they* need, even if it’s different from what you’d expect or prefer.

10. Practicing Boundaries with Yourself

Setting limits on your own habits (e.g., overcommitting, overworking, self-criticism) to support your mental health.

Author's Bio:



Hi, I'm Ify Otuya, a mental health advocate, speaker, and founder of June E-waste Academy. I create empowering mental health content to educate, inspire, and destigmatize mental health struggles. Join me on my journey to mental wellness.

For speaking events, interviews, or mental health advisory sessions, email me at missotuya@gmail.com or visit www.ifyotuya.com.

This document may be shared freely for personal or educational use, as long as it remains unaltered and credit is clearly given to Ify Otuya. Commercial use, reproduction for profit, or modification without permission is not allowed.