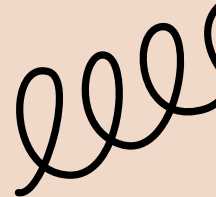


# TIPS ON SETTING AND MAINTAINING BOUNDARIES AFTER THE AGE OF 60



Setting boundaries is crucial at any stage of life, and it becomes even more important as you age.

## KNOW YOUR VALUES

Reflect on your values, needs, and priorities. When you're clear about what's important to you, it becomes easier to establish boundaries that align with your values.

## BE ASSERTIVE

Assertiveness is key to setting and maintaining boundaries. Clearly and respectfully communicate your needs, limits, and expectations to others. Practice saying no when necessary without feeling guilty.

## START SMALL

If you're new to setting boundaries, begin with smaller and less complex situations. This will help you build confidence and develop your boundary-setting skills gradually.

## PRACTICE SELF-CARE

Prioritize self-care and make sure you're tending to your physical, emotional, and mental well-being. This often involves setting boundaries to protect your time and energy.

## COMMUNICATE DIRECTLY

Address boundary issues directly and honestly. Avoid being passive-aggressive or relying on others to guess your boundaries. Open communication promotes understanding.

## RESPECT YOUR LIMITS

Pay attention to how you feel physically and emotionally in different situations. If something makes you uncomfortable or stressed, it might be a sign that your boundaries are being crossed.

## SET TECHNOLOGY BOUNDARIES

Establish limits on how much time you spend on devices and social media. This can help you stay present and engaged in real-life activities.

## PRIORITIZE SOCIAL CONNECTIONS

Spend time with people who respect your boundaries and contribute positively to your life. Distance yourself from individuals who consistently disregard your limits.

## DELEGATE RESPONSIBILITIES

As you age, it's important to delegate tasks that might become physically or mentally taxing. This could involve asking for help with household chores or managing certain responsibilities.

## PRACTICE SAYING NO

Saying no is a powerful skill. Politely decline invitations or requests that don't align with your interests or energy levels. Remember, you have the right to decline without feeling obligated to explain yourself.

## REEVALUATE REGULARLY

Boundaries can evolve as circumstances change. Periodically assess whether your boundaries need adjustments to fit your current situation and needs.

## SET A TIME LIMIT

Be mindful of how you spend your time. It's okay to decline social commitments or activities that you don't genuinely enjoy or that drain your energy.

## ENLIST SUPPORT

If you find it challenging to set and maintain boundaries, consider seeking guidance from friends, family members, or a therapist. They can offer valuable advice and encouragement.

## BE CONSISTENT

Once you set a boundary, stick to it consistently. People will learn to respect your limits when they see that you're unwavering in your decisions.

## STAY TRUE TO YOURSELF

Your boundaries should reflect your values, needs, and well-being. Don't compromise on what matters most to you in order to please others.

Remember that setting boundaries is an ongoing process, and it's never too late to start implementing them. By doing so, you're respecting yourself and creating a healthier and more fulfilling life for yourself.