



## July is BIPOC Mental Health Awareness Month

# Setting boundaries for healthy relationships

Black, Indigenous and People of Color (BIPOC) are at risk of experiencing unique trauma due to mental and emotional injury from a variety of causes.

If you have experienced such trauma, you may find that your relationships are impacted. Consider these strategies to protect and manage your closest relationships and all that are important to you.

### **Prioritize needs**

Take the time to think through where you stand, what you can and cannot tolerate, and what makes you feel happy or uncomfortable.

### **Anticipate resistance**

Expect that others may not easily understand your boundaries, especially if they have different backgrounds or personalities.

### **Communicate boundaries**

Clearly and directly let others know of your boundaries and reiterate them if you feel they are being overstepped.

### **Distance yourself if necessary**

If you feel disrespected or have your boundaries crossed repeatedly, it may be time to cut off further interactions to protect your emotional wellbeing.

Help is available. Your Employee Assistance Program is completely confidential and available 24/7/365. Visit [MagellanAscend.com](https://MagellanAscend.com) or call 1-866-580-9046 (TTY 711) to get started.

