

Setting Boundaries at Home

You're home now and have had some time to settle into your environment. Hopefully you have had some time to think through and figure out the logistics of being a college student while being at home, which for many of us is 24/7 with many states having enacted stay-at-home orders for the time being. Likely, you are still trying to figure out what your new normal looks like amidst all that is going on. Many of you may be struggling - academically, emotionally, financially, spiritually and socially. But take heart - you are not alone. There are things that you can do to help you navigate this transition and take care of yourself in all areas of your life.

Boundaries: Now is a great time to be thinking about the boundaries that you want to set for yourself in different areas: academics, relationships, time, etc. This is going to look different for everyone based on your values and culture. Start by making a list of the different areas of your life that you want to make a priority, and then think through needs to happen in order for you to succeed in those areas.

Although you might have a lot more time on your hands now that you are home, it is important to remember that you are still a student with academic responsibilities. Here are some examples of how to set boundaries.

- ❖ **Avoid Distractions:** You might find yourself struggling to get your work done due to the many distractions in your home. Designate a workspace for yourself such as setting up a desk or table in a specific room of the house. If possible, try not to make this space in your bedroom as this might make it more difficult to separate your academic and personal life, as well as impact your sleep quality. If needed, place a sign on your door that informs others that you are temporarily unavailable.
- ❖ **Create a Routine:** If you are struggling to stay motivated to get your work done, set a time for working on schoolwork, such as between 10 AM to 3 PM, and keep that routine on school days. Put together a list of the schoolwork that you need to do, and then put together a day-by-day schedule for when you will complete the items on your list.
- ❖ **Communicate Expectations:** Family members and friends might expect you to spend more time with them, or spend time doing things around the house. Talk to them about the hours you set for your schoolwork and ask them to respect those times. Then schedule times to help out or times to connect virtually.
- ❖ **Limit the Media:** You might find yourself immersed in media, whether it is because you are on your phone more often or perhaps the TV is always on in your home. Set limits on your phone, ask that the TV be shut off during certain hours, even limit the number of articles you are reading.



Following these tips can help you achieve success. For more information, visit the Wellness Center site.