

10 Secrets to Setting Boundaries to Regain your Sanity and De-stress

Everywhere you look people are rushing, scrambling and complaining about how much they have to do. Reminiscent of the White Rabbit in Alice in Wonderland the average person runs around living these lyrics, I'm late/I'm late/For a very important date/No time to say "hello"/Goodbye/I'm late, I'm late, I'm late.

I have news for you. Equality is the foundation of every man and woman; equality of time that is 86,440. We all get the same amount and neither age nor beauty has a place here. 86,440 of what you ask, seconds in the day your precious time. Now that we know that there is no conspiracy to steal your time the question then becomes how you are using it. Have you decided that you need to do something, or are you complaining? The best place to start is with you. Our actions are the only guaranteed thing any of us has control over in this life. By learning practical methods for setting non-traditional boundaries you can regain your sanity and learn to de-stress.

I have identified 10 critical areas where you can begin. Remember, however, this is just the beginning, the sky's the limit. We're all unique and our situations and environments reflect this uniqueness. Let these areas be a starting point in your life for taking action not the finale.

1. Fitness habits
2. Sleep habits
3. Healthy nutrition
4. Saying NO
5. Disciplined telephone time
6. Identify unacceptable behavior of others
7. Focus
8. Routine health care
9. Self-care retreats
10. Ask for help

Each of these areas plays a critical role in preventing burnout and maintaining a balanced and healthy lifestyle. Sometimes we feel guilty when we set boundaries. We wonder what makes us so special that we should balk at working 12-hour workdays or taking sick time to get our annual physical or specialty exams. Why if we stayed in the bathtub who would feed the kids, or perhaps asking for help makes us appear weak.

When you fail to set boundaries you fail to exercise your unalienable right to life, liberty and the pursuit of happiness. You succumb to mediocrity of the worse kind which is failure to experience your best self. When you are at your best, with a minimum amount of stress and mental clarity, you are capable of truly touching the lives of others and experiencing nurturing at it finest. The charge here is very simple. You have 86,440 opportunities to experience optimal self-care. Are you ready for the challenge? "Stop Complaining and Do Something"!

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