

Sandra's strategies for life and well-being



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Hello there! A theme that comes up often at The Montreal Center for Anxiety and Depression with not only anxiety but with life challenges is: Where do you draw the line? This question can define so much of your life. Many of us are not clear on where the line is. Having a line is a boundary and having a boundary is absolutely necessary to commanding respect and being taken seriously. It is also an important self-care concept that will protect you from the dreaded "selling of your soul", that if done repeatedly, ultimately leads to anxiety and depression at the minimum. Take a moment now and think about where you draw the line in your marriage, with your children, with your friends, in business, with caretaking a loved one and in life in general. That is step one: know your limits and live true to them.

Of course the next question often asked in my office is "yes but what if someone does not respect those limits?" A great question because of course someone will try to push your limits. It is part of our human nature, much like we secretly try to get away with not doing a full stop at a stop sign, even though we know we should. What happens when we don't do a full stop and the police are around by the way? We get a ticket! That is a great metaphor for life as a ticket is a consequence for not respecting a limit. The same holds true for crossing the line in our relationships. Firstly, the rules must be made clear much like we are all taught at driving school to do full stops at stop signs, we must tell our loved ones, colleagues etc where we draw the line and ask for that boundary to be respected. If it is not respected then a ticket of sorts must be issued.

That leads to the inevitable next question: "What

kind of consequence do we give?" Well there is not one set answer on this question, but a consequence almost always involves you! You are being giving, kind and respectful to another and they cross the line- what can you take away? You cannot give them a traffic ticket though it would be tempting at times – but you can remove yourself and trust me they will notice. Not always right away, but give it time. You are important- take yourself seriously.

We forget often to take ourselves seriously and then we are so disappointed when others don't either. We set the bar for how we are treated. Ironically, we all do better and are happier in relationships and life with boundaries even though we don't always love them. Would we really want a world without police and tickets? We hate the tickets but love the safety of what the boundary provides. Relationship boundaries work the same way. Whether it is dealing with an aging parent, a romantic relationship, your family, a business colleague or whomever- drawing the line will protect you and that relationship.

Come say hi to us at our FREE "Dance of Relationships" talk (for women only) where we will be tackling this topic. Or join our upcoming courses/groups open to everyone! We have a "Boundaries and Consequences" group to learn how to master drawing the line! Or register for our cutting edge Mindfulness group to combat anxiety, stress and depression. We also have courses on overcoming your anxiety and stress that are Cognitive Behavioral Based and offered during the day or evening. We now offer Community Fridays with reduced rate therapy with newer members of team if price is a concern. **At the center we pride ourselves on having something for everyone.** We invite you to please call us for a no obligation FREE 15 minute consultation to find out what is the best option for you. The sky really is the limit- call us at 514-777-4530 or email us at info@helpforanxietydepression.com.

In the meanwhile- Keep your eyes on the stars and enjoy the beauty of Autumn.

Sandra