

**NORTH LAKE PRESBYTERIAN CHURCH
DEACON TRAINING**

BOUNDARIES

Setting boundaries is an important part of establishing one's identity as a Deacon. Healthy boundaries are a crucial component of self-care; they help eliminate stress and burnout. Learning to show compassion and kindness to you is crucial. Setting boundaries can have many benefits, including helping people make decisions based on what is best for them.

"A boundary is a limit or space between you and the other person; a clear place where you begin and the other person ends." (Positive Psychology - Joaquin Selva)

SUGGESTIONS FOR SETTING BOUNDARIES

1. Do not go outside your capability, you may do more harm than good.
2. Know your local resources. (NLPC keeps a resource book in the Care Office).
3. Don't be afraid to reach out to other congregations if they have a resource or ministry not available at your church.
4. Boundaries are knowing what you are capable of giving and what your church expects of you.

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LJM