《學會為自己訂立邊界》

「媽咪，幫我做……」、「老公，你去做……」

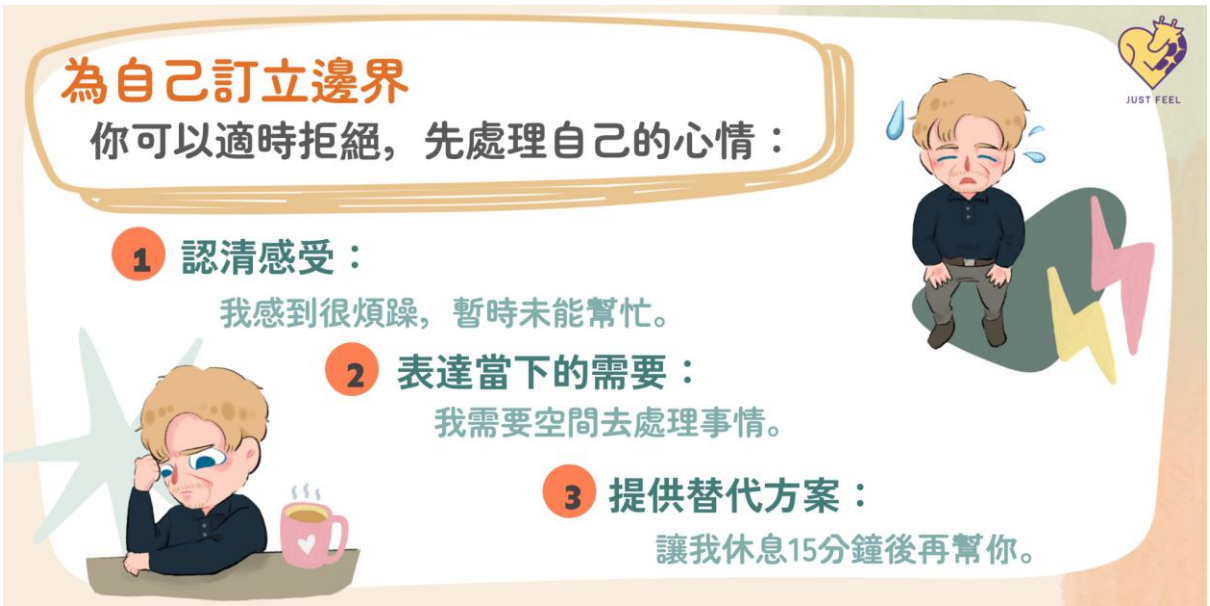
面對家人的請求，我們常常有求必應，卻忘了照顧自己的需要。

當感到疲憊、無力時，可以如何適時拒絕？

- 表達自己的感受：「我現在很累，需要休息一下」、「我感到很煩躁，暫時未能幫忙。」
- 表達當下的需要：「我需要獨處時間。」、「我需要空間去處理事情。」
- 提供替代方案：「讓我休息15分鐘後再幫你」、「你可以先試試自己完成嗎？有困難明天再問我」

在擔當孩子的後盾前，別忘記先去愛自己。

嘗試設立界線，讓自己更有力量去愛家人。



Learn to Set Boundaries

"Mommy, can you help me with this?" "Honey, can you do that?"

We often say yes to family requests without considering our own needs, even when we're exhausted or overwhelmed. So, how can you say no in a kind and appropriate way?

Express your feelings:

- "I'm really tired right now and need to rest."

State your needs:

- "I need some time to myself."
- "I need space to gather my thoughts."

Offer alternatives:

- "Let me rest for 15 minutes, and then I'll help."
- "Can you try doing it on your own first? If you still need help, let's tackle it tomorrow."

Remember, before being a pillar of support for your children, take time to care for yourself. Setting boundaries not only empowers you but also helps you love your family even more.

