**How Boundaries Can Help You Stay Productive**

Boundaries are the cornerstone of maintaining productivity. When you set boundaries within yourself and with others in your life, the number of distractions you experience will decline significantly. In turn, you have more time and space to complete important tasks that you’ve set out to complete.

Let’s explore a little more about the benefits of healthy boundaries and how to maintain them within yourself and others.

## Benefits of Creating Boundaries

Along with increasing your productivity, there are a number of benefits that healthy boundaries can create. For starters, it can also lower your stress levels in both your work and home life. For example, setting a boundary with a chatty coworker gives you more time to complete a task which then keeps you from stressing out over deadlines. At home, this benefit may stem from limiting time with negative people.

Other benefits of creating boundaries include maintaining a reasonable workload, reducing the possibility of burnout, and setting a good example to maintain a healthy work or home environment.

## Creating Boundaries With Yourself

Creating boundaries within yourself is key in separating work and leisure. Too much of either results in leakage into one another, therefore throwing off your work-life balance. During designated work time, try to limit social media usage or worry about different things in your home life. At home, this self-boundary may look like creating smaller, more attainable goals.

Other examples of self-boundaries at work or at home may look like setting a budget for yourself and sticking to it, only sticking to what is on your to-do list, and refraining from working past the workday, to name a few.

[H2] Creating Boundaries With Others

Creating and maintaining boundaries with others looks a lot like creating boundaries for yourself. However, the practice of setting boundaries with others is specific to each person you have a boundary with. Setting boundaries with others may look like limiting contact with certain people or delegating work tasks to different coworkers.

When setting a boundary with another person, either at work or in your home life, it’s important to be direct and firm. If you aren’t clear about your expectations from them, how are they supposed to understand the boundary you’re trying to put into place?

It’s very possible you may run into situations where the person in question still doesn’t understand or respect your boundary.