

## WRAP News from NAMI Mercer NJ for 10/15/2018

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### In This Newsletter

- In the “Using My WRAP” section we see “How Setting Boundaries Build Our Self-Esteem.”

### What is WRAP?

WRAP (Wellness Recovery Action Plan) is a group of tools and skills that those of us with behavioral health challenges use to understand and manage our illness.

### Using my WRAP

In this section, we look at ways to use our WRAP more effectively. Please contact us if there is a specific topic you would like us to help you with.

### **How Setting Boundaries Builds our Self-Esteem – Published 10/15/2018**

In our last article we looked at [how to handle people who do not respect our boundaries](#). This was one of several articles we have published in this newsletter that have discussed the topic of setting boundaries.

I have found that learning to set safe and healthy boundaries is one of my most important wellness tools. When I am able to set my boundaries, I create a perimeter around myself. Within that perimeter I can relax and learn how to heal myself.

Before I learned to set safe and healthy boundaries I was always on the defense. I was attempting to defend myself from people who would not listen to me when I expressed what I needed for my safety and health. I found that as long as I was on the defense I could not find the safe place that allowed me the peace of mind to be proactive in my healing process.

I gradually learned that as I was setting my boundaries I was also learning to advocate for myself. Self-advocacy is one of the key principles of WRAP. What seems to work for me is the idea that setting boundaries is one of my most important responsibilities to myself. I am the only one who can decide what my boundaries should be and how I should set them. In this, I have come to see that whenever I am setting a boundary I am also advocating for myself.

I also discovered another pleasant side effect of setting boundaries – I was also raising my self-esteem. At first, I did not see this, much less understand it. What happened was that as I set my boundaries and successfully defended them, I felt better.

I knew from the beginning of my recovery that I had experienced low self-esteem for most of my life. In the beginning I did not know what I could do to correct this. I started to notice that as I set boundaries and advocate for myself that I felt better about myself and my self-esteem increased.

As my self-esteem increased I gradually began to feel that I was worth advocating for. When my self-esteem was low I never thought that it was worth making the effort of self-advocacy because I was not worth the effort. Slowly, as I started advocating for myself by setting boundaries I began to see that I was worth making the effort to stand up for myself. This took time, but I got there.

If I was able to get there, anyone can.

In summary, what I have learned is that I must set boundaries so that I have a peaceful space from which I can be proactive in my recovery. When I set those boundaries, I am advocating or standing up for myself. As I do that, my self-esteem increases. As my self-esteem increases I continue to see the worth in advocating for myself. I have created a virtuous circle where Self-advocacy and self-esteem increase together – as long as I continue to set safe and healthy boundaries.

Questions or comments? Join our [Thursday night online support](#) group or [send us an email](#).

### [Weekly WRAP Online Support Group](#)

We offer a weekly online support group that helps us to use our WRAP more effectively. The group meets every Thursday from 7:00-8:00 PM Eastern.

To access the meeting online as a video conference call, click on:

<https://meetings.ringcentral.com/j/1492454791>

To call into the meeting from your phone please call:

605-562-3185

Enter the meeting ID **149 245 4791** when prompted

### [Contact Us](#)

Please contact us by sending an email to [wrap@namimercer.org](mailto:wrap@namimercer.org). You may also call 609-799-8994 x19 and leave a voice mail. We check these message boxes several times a day and will reply to you as soon as we can.

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