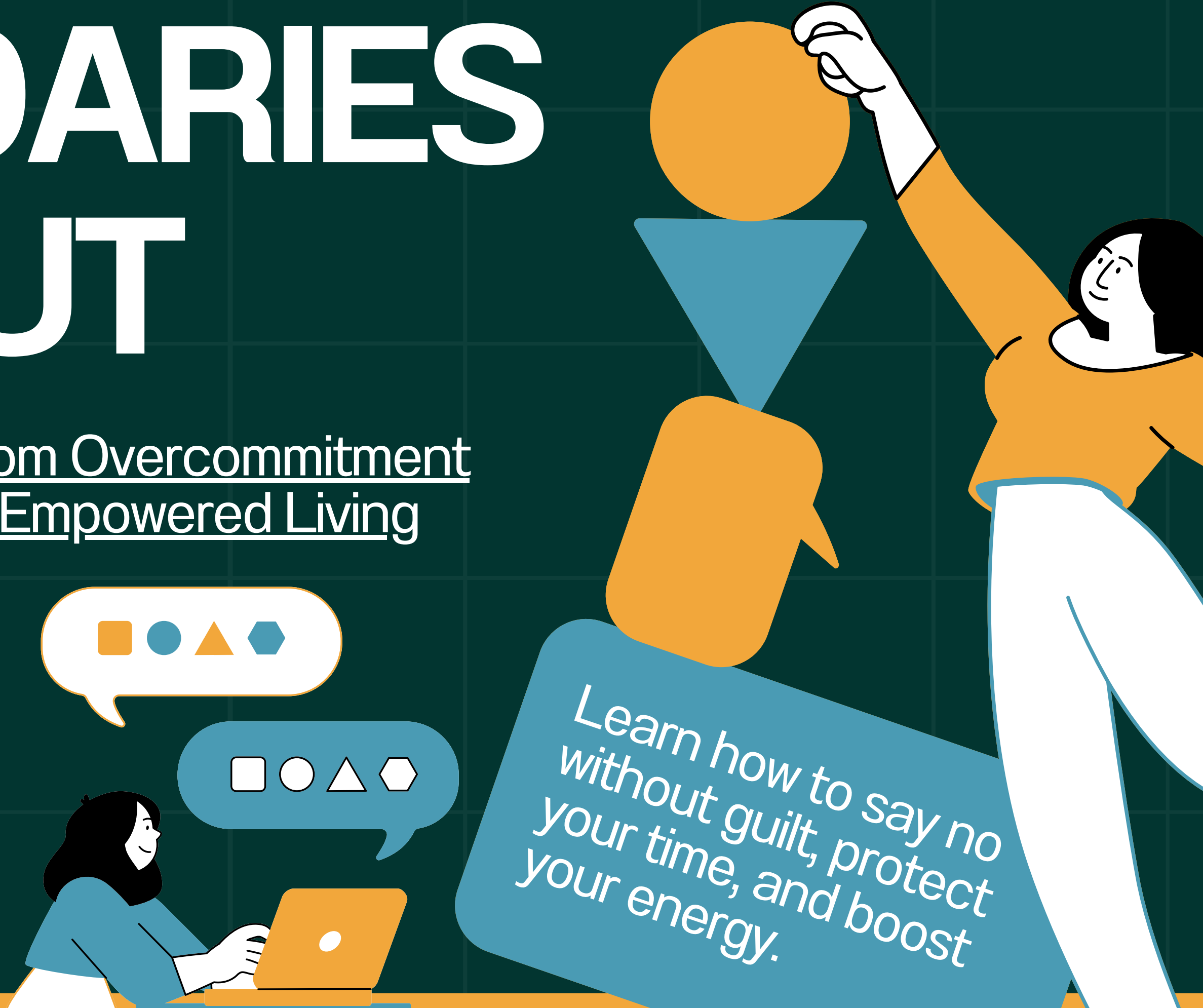


BOUNDARIES WITHOUT GUILT

From Overcommitment
to Empowered Living

Presented by **Alejandra
Negrete**



Learn how to say no
without guilt, protect
your time, and boost
your energy.

Why Boundaries Matter

Boundaries are not walls – they are the invisible lines that protect your time, energy, and mental health.

When boundaries are weak:

- Stress rises
- Sleep suffers
- Your body's resilience (HRV) drops

When boundaries are strong:

- You make better decisions
- You have energy for what matters most
- You feel calm, focused, and present



HRV stands for Heart Rate Variability



Why it matters

HRV is a powerful biomarker for how well your autonomic nervous system (ANS) is managing stress and recovery:

- High HRV → your nervous system is flexible and responsive, switching easily between “fight or flight” and “rest and digest.” Usually means good recovery, resilience, and adaptability.
- Low HRV → your body may be under stress, fatigued, or in recovery debt.

What affects HRV

- Sleep quality
- Physical activity & recovery
- Stress (mental, emotional, or physical)
- Nutrition & hydration
- Alcohol, illness, and even the weather

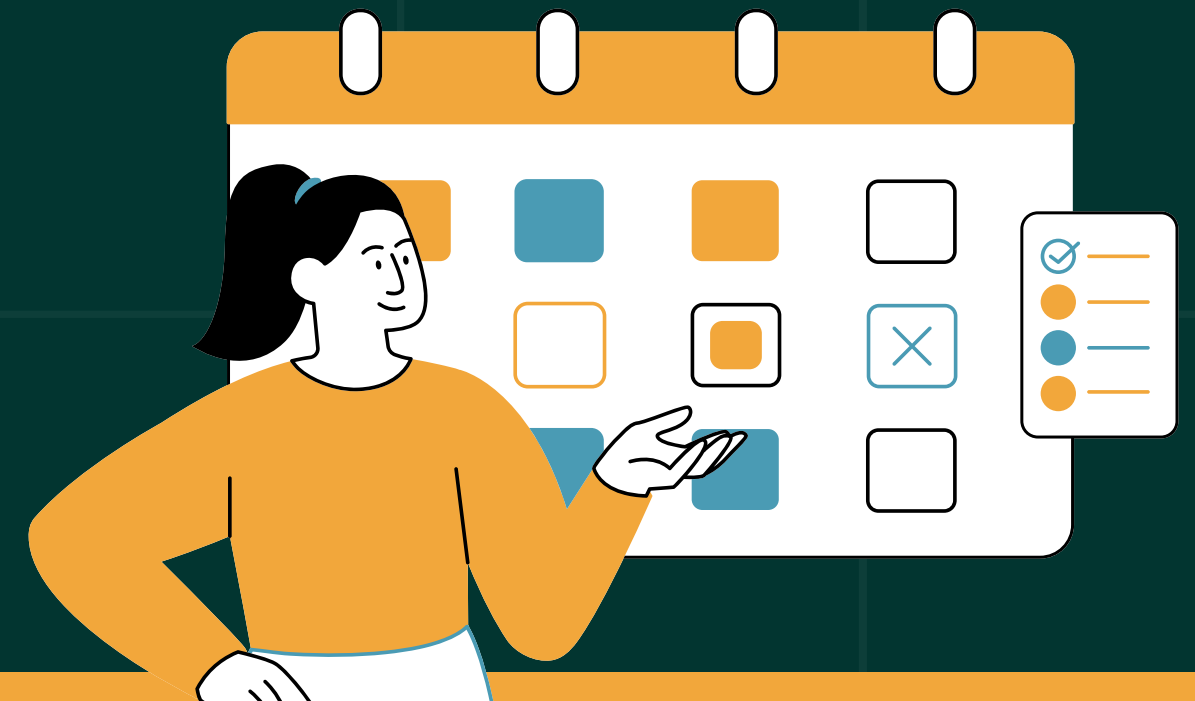
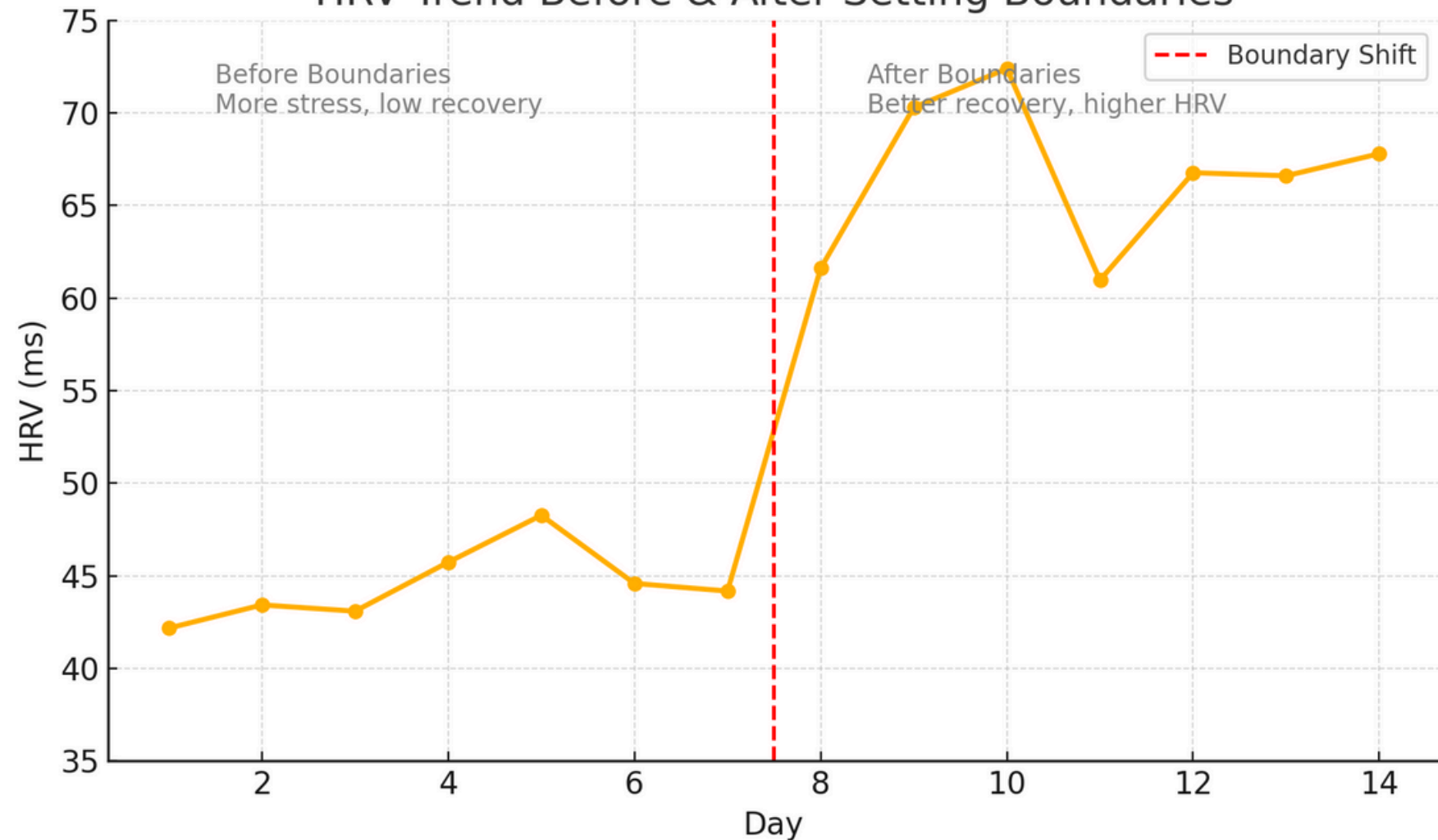


When you set better boundaries:

- Stress load drops
- Sleep improves
- Recovery time increases
- Over weeks, HRV trends go up – a visible sign your nervous system is less overworked

It's like a real-time “energy budget tracker” for your life.

HRV Trend Before & After Setting Boundaries



The Boundary Myth

Myth: Setting boundaries pushes people away.

Truth: Boundaries create space for deeper, healthier connections.

Example: Saying no to a draining request freed up time for focused work that actually moved my goals forward – and earned more respect from my team.

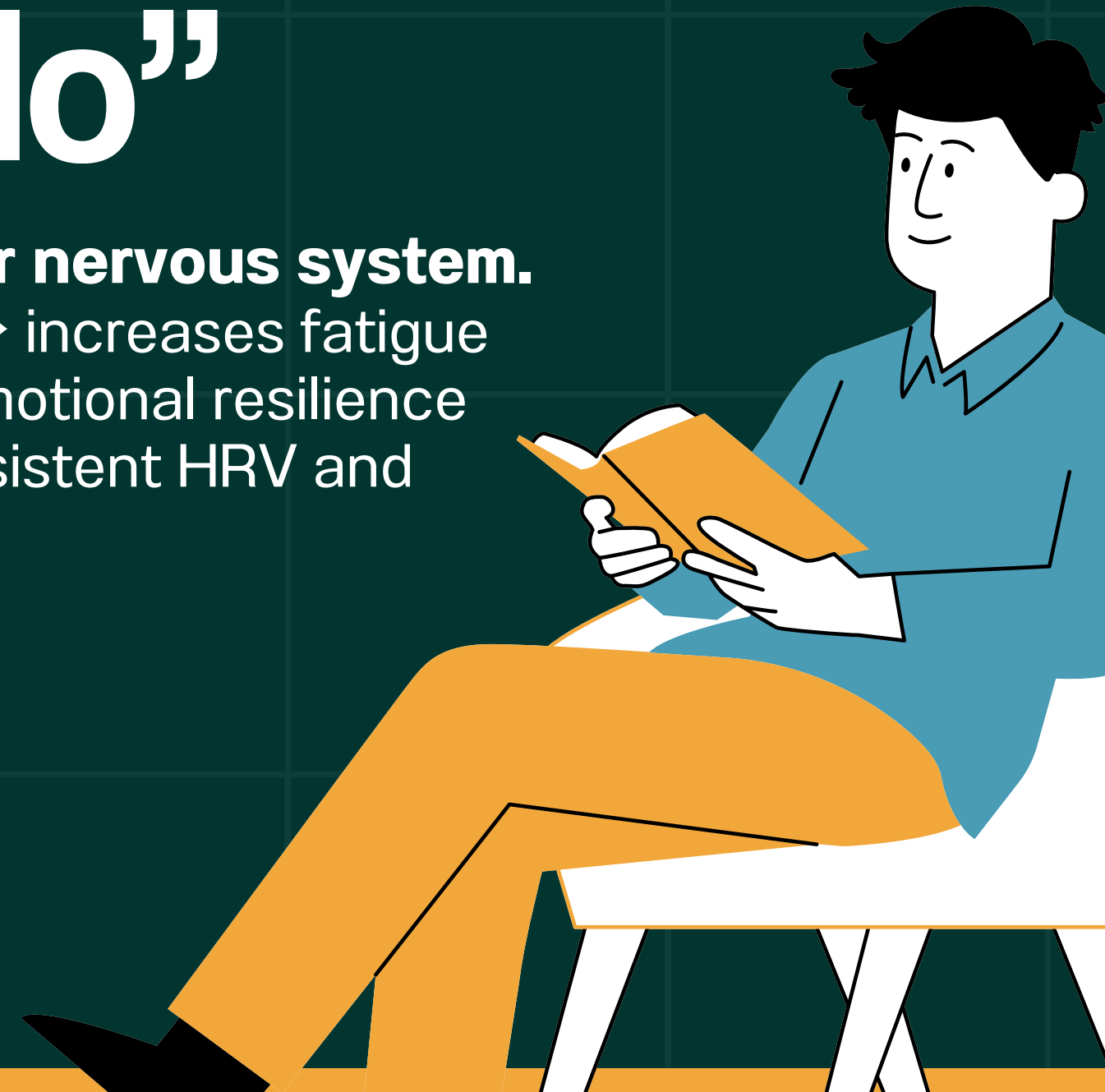




The Physiology of “Yes” and “No”

Every yes and no leaves a fingerprint on your nervous system.

- Overcommitting raises cortisol → lowers HRV → increases fatigue
- An “Aligned No” preserves mental clarity and emotional resilience
- People with healthy boundaries show more consistent HRV and faster stress recovery

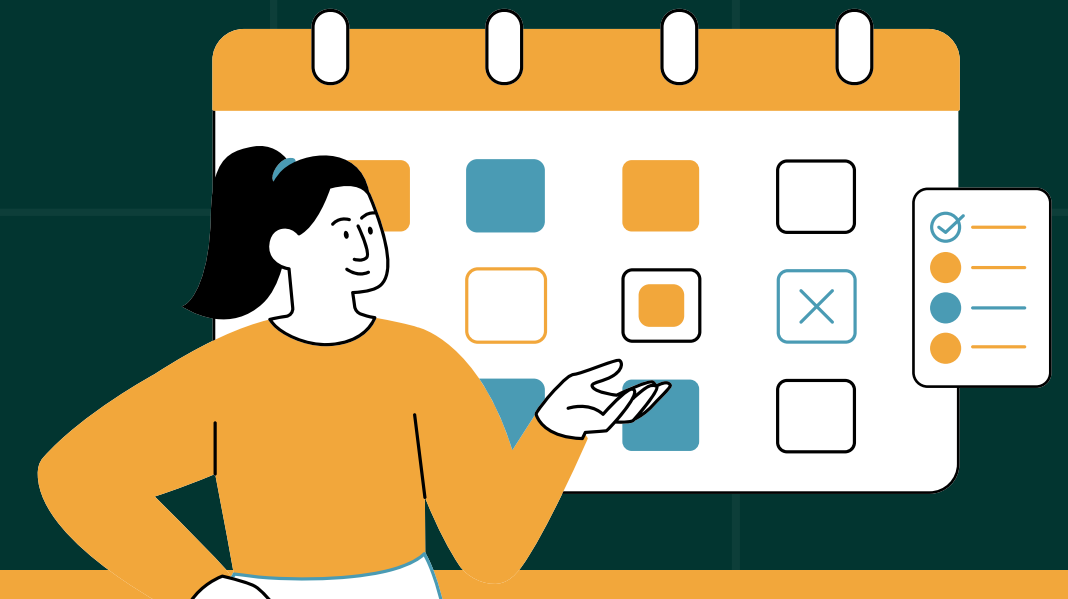
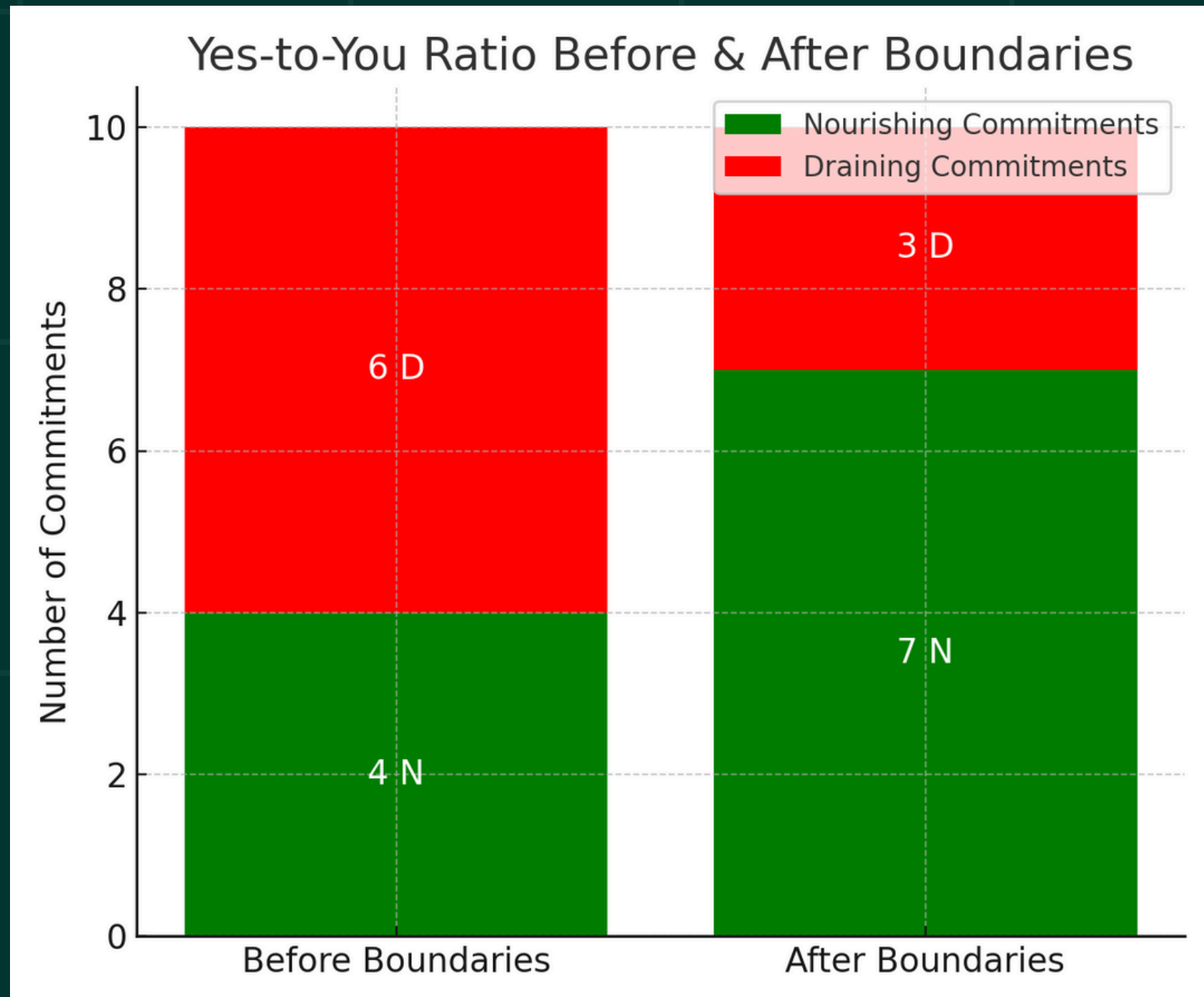


Self-Audit: Your Yes-to-You Ratio

Do this now:

1. Write down your last 10 commitments (work + personal)
2. Mark each one: N = Nourishing, D = Draining
3. Count your % Nourishing vs. % Draining

💡 If more than 40% are draining, you're likely overspending your energy budget.



Your Boundary Blueprint

Step 1: Know Your Non-Negotiables

Daily/weekly anchors that keep you well (e.g., 8h sleep, 30 min movement, family dinner).

Step 2: Script Your “Aligned No”

Example: “I’d love to help, but I can’t give it the focus it deserves right now.”

Step 3: Create Protection Zones

Block recharge time before & after high-stress commitments.

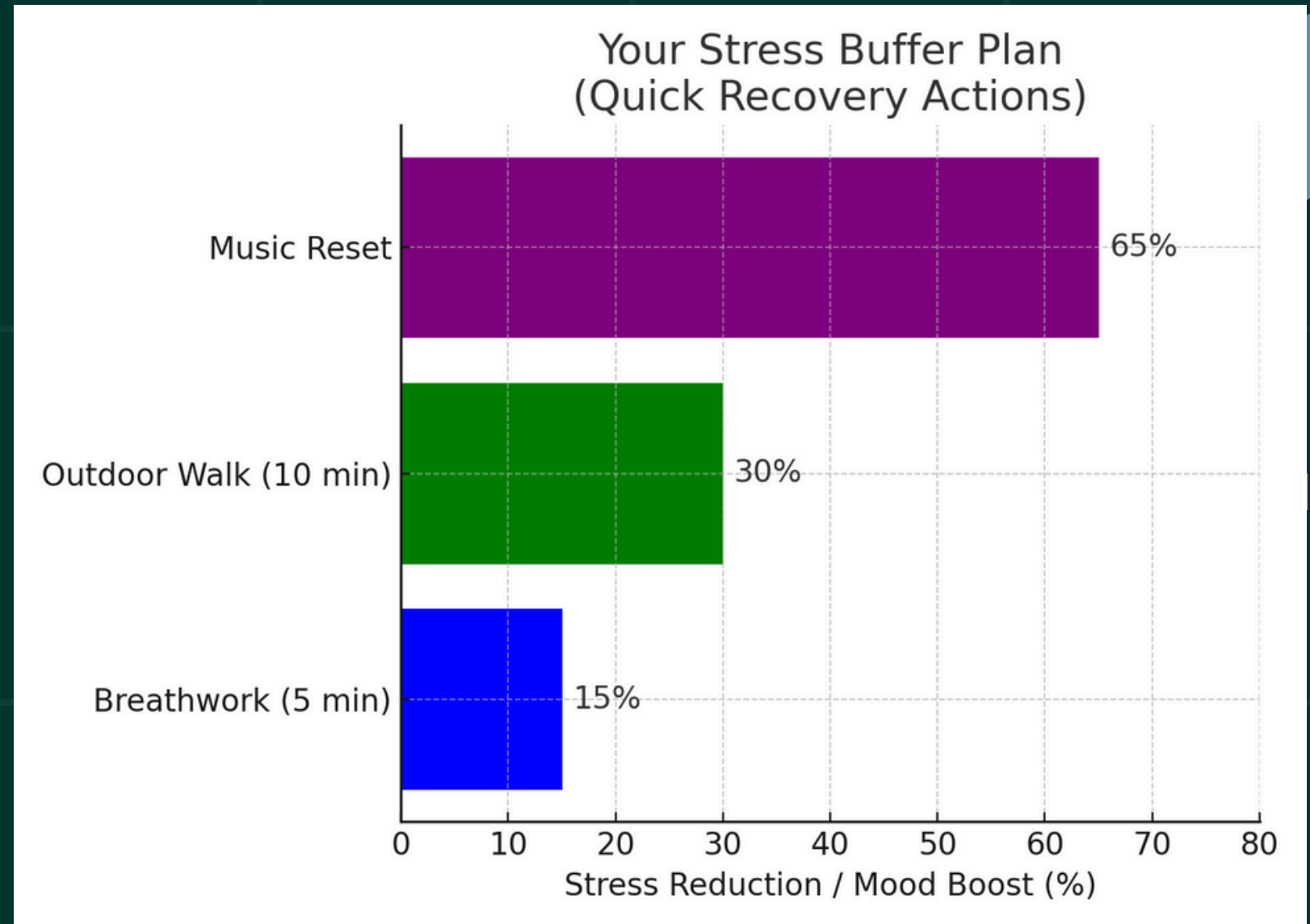


Stress Buffer Plan

Find 3 quick actions that restore you in <20 mins.

Examples:

- 5-min breathwork (HRV boost)
- 10-min outdoor walk (mood +30%)
- Music reset (lowers stress by 65%)





The Aligned Yes Test



Before you commit, ask:

1. Does this align with my top values/goals?
2. Do I have the bandwidth without sacrificing recovery?
3. Does my body feel open & energized when I think about it?

If you answer “No” to any – it’s a No.

Your Next Aligned No

Write it down:
“My next Aligned No will be...”
Keep it visible this week and follow through when
the moment comes.



Visualization Exercise

Close your eyes and imagine:

- You wake up with steady energy
- Every yes is a full yes
- Your day ends with a sense of accomplishment and peace
- Let that vision guide your choices today.



7-Day Solo Challenge

1. Track your Yes-to-You ratio daily for 1 week
2. Notice how your mood, focus, and HRV change
3. At the end of the week, adjust commitments for more nourishing yeses



Meditation

“Boundaries are the distance at which I can love you and me simultaneously.” – Prentis Hemphill

