Wondering if your relationship is healthy? Don’t spend time picking the petals off of a daisy. In the following pages you will find some helpful facts that define what a healthy relationship is. Is your relationship truly special or something you may want to rethink?
HEALTHY RELATIONSHIPS

Healthy relationships bring a sense of happiness and health to our lives. Tips to keep your relationships healthy even though your relationship may be with your parents, siblings, friends, boyfriends, girlfriends, professors, roommates and classmates.

Realistic Expectations- No one can be everything we want him or her to be. Healthy relationships mean accepting people as they are and not trying to change them! It’s never all or nothing.

Talk with each other- Communication is essential!!
It means —

• Take the time. Really be there.
• Genuinely listen. Don’t interrupt
• Listen with your ears and your heart– Emotional messages are shared and woven into words.
• Ask questions. Ask if you think you may have missed the point.
Ask for opinions. Show your interest. Open the communication door.
• Share information. Sharing information helps to begin a relationship. Don’t overwhelm with too much too soon.

Be flexible- It’s natural to feel angry or sad when people to things change and we are not ready for it. Change and growth is allowed!!

Take care of you— You want to please others but don’t forget to please yourself. Healthy Relationships are mutual!!

Be dependable— If you make plans with someone—follow through. If you have an assignment deadline, meet it. If you take on a responsibility, complete it. Trust is key in healthy relationships.

Show your warmth— Healthy Relationships show emotional warmth!!
Disagree in a fair manner. Most relationships have some conflict. If you disagree about something it doesn’t mean you don’t like each other. When you have a problem:

• Find a time to talk about it. Don’t have difficult conversations when you are very angry or tired. Healthy relationships are based on respect.

• Don’t criticize. Attack the problem not the person. Begin conversations with “I” statements. Don’t open with “you” statements; avoid blaming the other person for your thoughts and feelings. Healthy relationships don’t blame.

• Don’t assign feelings or motives. Let others speak for themselves. Recognize each person’s right to explain themselves.

• Stay with the topic. Don’t use a current concern as a reason to jump into everything that is bothering you. Don’t use ammunition from the past to fuel the present.

• Say, “I’m sorry” when you are wrong. It goes a long way in making things right again. Healthy Relationships can admit mistakes.

• Don’t assume things. We really don’t know what someone else is feeling or thinking. We can be very wrong!!

• Ask for help if you need it. Talk with someone—you RA, a counselor, a professor, a minister or even parents. Check campus resources like Counseling Services at 946-2315.

• There may not be a resolved ending. You may need to compromise or to disagree about some things. Healthy relationships don’t demand conformity or perfect agreement.

• Don’t hold grudges. You don’t have to accept anything and everything, but don’t hold grudges—they drain your energy. If you can see the best in others the healthier you relationships will be.

• Relationships with winners and losers don’t last.

• You can leave a relationship. It is your choice to move out of a relationship. Loyalty is very important in good relationships, but healthy relationships are NOW, not some hoped-for future development.

Show your warmth. Warmth is highly valued by most people in their relationships.

Keep your life balanced. Don’t overload on activities, but do try new things—clubs, volunteering, going to lectures, projects. Healthy Relationships aren’t dependent!!!

Be yourself!!! It’s much easier and much more fun to be you than to pretend to be something or someone else. Healthy relationships are made of real people, not images!!

REACH OUT TO SOMEONE TODAY!!!
Breaking-Up Is Hard

Feeling down because you have just broken-up with someone? You are not alone. Almost everybody has had this experience – a feeling of heartbreak.

What can that mean? Anger, Confusion, Jealousy, Grief

Heartbreak can be caused by many different things. Ending a relationship before you or the other person is ready. Not feeling the same about each other. You may be angry or sad when the relationship has ended. Whatever the cause, the feeling of loss can be the same. There can be feelings of heaviness, sadness and emptiness.

How Can I Deal With My Feelings?

You may hear someone say “you’ll meet someone else or you’ll get over it” but when it’s happening to you, the pain makes it feel like you are the only one in the world that feels this way. Here are some tips to help yourself from feeling so much pain.

Don’t keep it in – out with it!!

Share your feelings with someone you trust can make you feel better. It is harder for guys to do this but you can do it in private or find someone who would be sympathetic. Having a good shoulder to cry on can help with what you are feeling.

Be Nice To Yourself

Make a list of things that are good about you. This will help to keep you from blaming yourself for the breakup. If you can’t think of the good qualities have some friends make a list for you.

Take care of you! Getting a good nights sleep, eating healthy, enjoying a movie or concert. Don’t mask your feelings with drugs or alcohol (this will only prolong the sadness).

Join a club and keep busy. It will take some time for the sadness to leave.

Be patient, the healing will begin. Remember that counseling services is always available to help you through this process. Call for an appointment 209 946-2315 x2.
When your cell phone can put you in a dangerous situation.

One of the common factors with victims who choose the levee to walk to and from the campus is using their cell phone at night. Your cell phone lights up and makes it much easier to navigate through your speed dial and saved phone numbers.

One of the problematic factors while talking on your phone is the light remains on. This is a beacon—a look—look– I’m over here. You can’t be missed especially during the evening hours.

You have made an opportunity for someone who is looking for a free cell phone to take notice and bounce on that opportunity.

Public Safety values your safety. Try to walk in pairs or groups. Use well lighted streets and be aware of your surroundings at all times. Do not hesitate to call public safety if you feel you are being followed or are uncomfortable with your situation. 209 946-2537