

# Bladder Chatter

TRU Student Health & Wellness Newsletter



## *Healthy Relationships...What are they?*

Relationships include parents, siblings, friends, boyfriends, girlfriends, roommates...



### Ten Tips For Healthy Relationships

1. Keep expectations realistic
2. Talk with each other
3. Be flexible
4. Take care of you
5. Be dependable
6. Fight Fair
7. Show your warmth
8. Keep your life balanced
9. It's a process...it takes time and nurturing
10. Be yourself

**Based on Respect**

It's not always easy to keep friendships and family connections strong when you're busy with work, school, children, and other demands on your time. Here are some tips for keeping those relationships healthy even in tough times:

- Listen, With the TV Off
- Focus on the Positives
- Avoid Nagging
- Spend More Time Together
- Touch More Often

*laugh together!*  
*cry together!*

This newsletter is sponsored and published by the TRU Wellness Centre. Questions or comments? Please contact Stephanie at 828-5010 or shaslam@tru.ca for more info

Check us out at [www.tru.ca/wellness](http://www.tru.ca/wellness) for more health and wellness info!





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## Healthy Relationships...

- Make people happier
- Ease stresses
- Are realistic and flexible
- Mean sharing and talking



Relationships should be based on four principals:

- Respect
- Understanding
- Acceptance
- Appreciation

## Healthy Relationship Resources:

**TRU Counselling: 828-5023**

**TRU Wellness Centre: 828-5010 or  
www.tru.ca/wellness**

**TRU Harassment Prevention:  
828-5800**

**Health Services: 828-5126**

**Y Women's Shelter: 374-6162**

**Interior Indian Friendship  
Centre: 376-1294**

**White Buffalo Women's  
Society & Resource Centre:  
554-1157**

**Women's Resource Centre:  
376-3009**

## Red Flags in a Relationship



- Discourages you from talking to other people, even if they are friends
- Criticizes what you wear, what you do, what you think, what you believe in
- Likes to scare you by driving fast or doing other reckless things, including having irresponsible sex
- Wants to know where you are and whom you are with at all times
- Tells other people about things you said or did that embarrass you
- You change your appearance or behaviour to suit your partners wants or needs

*Respect is the key!!  
Teach others how to  
treat you by setting  
boundaries!*



TRU WELLNESS CENTRE  
LIVE TRULY WELL



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## Flower Power

## Counselling Department

On **March 17th** the Wellness Centre will be passing out flowers!



If you receive one keep it and know you are appreciated or pass it on and make someone else smile!!

If you are feeling distressed about a relationship, school and all that goes with it, you may wish to consider counselling. The TRU counselling department offers FREE one on one counselling for students to help ease the stress of university. To make an appointment or for further information please call 828-2032.

## Peer Support Services

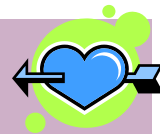
Feeling stressed, lonely, angry, frustrated?

Peer Support is a group of trained TRU student volunteers who go through the same frustrations and challenges as many other students, and provide free, confidential emotional support to our fellow students. We are here to help students adapt to the personal and academic demands of university life, and we will help you in any way we can. Peer Support is available to all students of TRU, and we can be contacted in our office at **OM 1421**, by phone at **371-5996**, and by email/msn at [peer@tru.ca](mailto:peer@tru.ca).

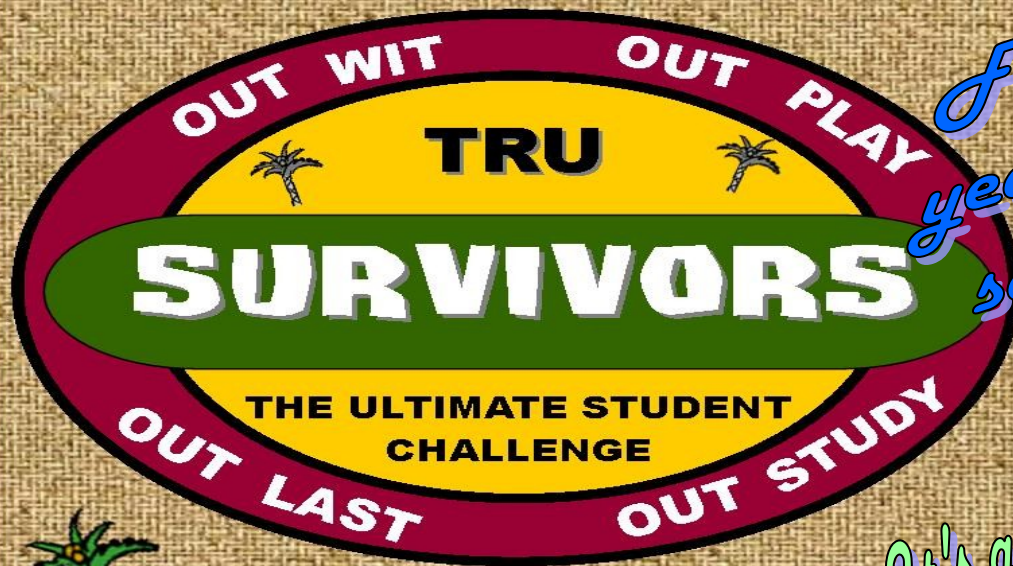




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TRU Presents ...



*Finish the year off with some fun!!*

*It's about challenging the wall!*

*It's about body, mind and soul!*

*It's about teamwork and solid bonds!*

**FRIDAY, APRIL 9**

**11:00AM TO 3:00PM**

**OUTSIDE OLD MAIN**

**FREE**

**BBQ, CHALLENGES, MUSIC  
EVERYONE WELCOME!**

**TO REGISTER YOUR TEAM OR VOLUNTEER :**

**[WWW.TRU.CA/SURVIVORS](http://WWW.TRU.CA/SURVIVORS)**

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