

Bladder Chatter

Volume 3, Issue 5



TRU Health and Wellness February Newsletter
Provided by TRU Wellness Centre



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- **Plus... Take the Love Quiz on Pg 2. to find out if it is really true love!**

How do I know that I have a healthy relationship with someone?

- You feel good about yourself when you are around that person.
- You think that there is an equal amount of give and take.
- You feel safe around the other person.
- You enjoy spending time with the other person, not pressured into spending time with him or her.
- You feel that you can trust them

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**

Healthy Relationships...What are they?

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



Valentine's Fun Facts:

The U.S., Canada, Mexico, United Kingdom, France and Australia all celebrate Valentine's Day.

-85% of all valentines are purchased by women.

-Parents receive 1 out of every 5 valentines.

- Worldwide, over 50 million roses are given for Valentine's Day each year.

-Men buy most of the millions of boxes of candy and bouquets of flowers given on Valentine's Day.

-Valentine's Day can be traced back to the ancient Roman celebration of *Lupercalia*.

-Named after Valentine, a romantic who disobeyed the Emperor who decreed that soldiers remain bachelors. Valentine defied the emperor and secretly performed marriage ceremonies.



“BLADDER CHATTER”



Assess your relationship

Is Your Love?

Check Those That Apply:

1. Patient
2. Listening to you
3. Kind
4. Sharing
5. Respectful
6. Truthful to you and about you
7. Giving
8. Pushy about sex
9. Courteous
10. Does not get mad easily
11. Is willing to let go of the past
12. Wants the best for you
13. Always protects you
14. Always trusts you
15. Deserves your trust
16. Hangs in there through tough times

Peer Support Services

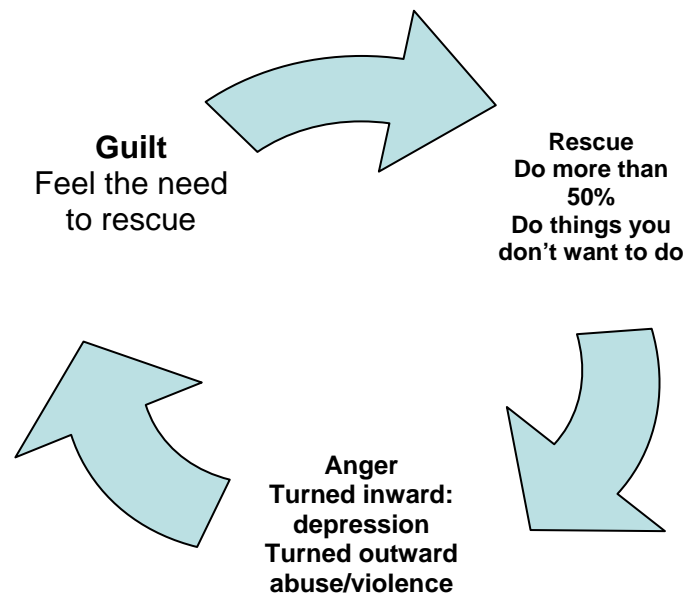
Feeling stressed, lonely, angry, frustrated? Peer Support is a group of trained TRU student volunteers who go through the same frustrations and challenges as many other students, and provide free, confidential emotional support to our fellow students. We are here to help students adapt to the personal 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.

To you from the
Wellness Centre



Rescuing—Anger—Guilt Dynamic

The dynamic can interrupted at any point: stop rescuing, stop feeling guilty, let out your feelings in safe ways including discussion, exercise, etc.





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More on Healthy Relationships from the Wellness Centre:

Tips For Better Communication with Your Partner:

1. Use "I" terms, I feel, I get upset, ect. Then you are not blaming your partner for your feelings, you are stating how their behaviour is affecting you.
2. Never blame your partner for the problem, never accuse your partner, never say "you always do that".
3. Avoid jumping to conclusions, over reacting, or attacking your partner.
4. Be aware of your body language. Is it closed, your arms crossed across your chest, legs crossed, fingers clenched? Open body indicates you are receptive to listening, relaxed.
5. If it is your usual way of talking, maintain gentle "eye-to-eye" contact, not glaring, do not gaze out the window, glance at the clock, or watch TV over their shoulder.
6. Paraphrase what your partner said using your own words.
7. If company is coming over, this is not the time to argue.
8. Once an argument has been settled or a compromise has been reached, let it go. It is done, finished!



Seven Steps to Maintaining a Good Relationship

1. Be aware of what you and your partner want for yourselves and what you want from the relationship.
2. Let one another know what your needs are.
3. Realize that your partner will not be able to meet all your needs. Some of these needs will have to be met outside of the relationship.
4. Be willing to negotiate and compromise
5. Do not demand that a partner change to meet all your expectations. Work to accept the differences between your ideal mate and the real person you are dating.
6. Try to see things from the other's point of view. This doesn't mean that you must agree with one another all the time, but rather that both of you can understand and respect each other's differences, points of view, and separate needs.
7. Where critical differences exist in your expectations, needs, or opinions, try to work honestly and sincerely to negotiate.

Relationships should be based on four principals:

- Respect
- Understanding
- Acceptance
- Appreciation





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More On Healthy Relationships from your *Wellness Centre*



Tips by Sue Johanson from the Sunday night Sex show:

- Don't take your partner for granted
- Check things out on a regular basis
- Always consult your partner before you make a decision that involves them
- Be considerate, thoughtful, respectful and sensitive to their needs
- Practice good communication skills by using "I" terms such as "I feel hurt" instead of "your hurting my feelings". This will keep your partner from becoming defensive.
- Give each other space, avoid controlling or manipulating each other
- Avoid becoming enmeshed in each others life ...allow your partner space and time to do their own thing.
- Give permission and encouragement to your partner to grow and develop while you do the same.
- Conflicts that are not resolved will not go away. What you resist persists.
- Continue to be romantic towards your partner. Express feelings that let them know you think they are special.
- Be prepared for the ups, downs and stress that will happen in any relationship
- If you find that things are coming apart at the seams do not just hope that the problems will go away. Talk about it! Get help!
- Trust your partner, trust your relationship, and share the determination to make it work.

A Final Word:

If you are feeling distressed about a relationship, you may wish to consider individual or couples counselling. Counselling can help you identify problematic patterns in your current relationship, as well as looking toward other relationships you may have in the future. If you are grappling with concerns about a relationship and would like some help, we encourage you to contact the TRU Counselling Center 828-2032.

Red Flags in a New 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



This article has been brought to you by the TRU Wellness Centre, now located in the New Residence Hall (Dorm), Rm 111. Contact Andrea Tamburro regarding any questions or feedback @ 828-5010 or via email atamburro@tru.ca

References:

http://ebooks-howto.info/html/good_relationships.html
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