



COUNSELING CENTER NEWSLETTER

ISSUE: 1

DATE: 04/27/2020

Helpful reminders from the Counseling Center:

UW-Stout counselors are offering telehealth services via Microsoft Teams to virtually meet with students at this time. As always, these sessions are confidential and free of charge to students.



Office Hours: Monday - Friday
8:00am-4:30pm.



Please call the Counseling Center at **715-232-2468** with any questions or concerns



The Counseling Center website and the UW-Stout COVID-19 page is a great resource to stay connected to campus and any updates.



Follow our Facebook page at UW-Stout Wellness PROs and Counseling Center for wellness tips and updated information.
<https://www.facebook.com/uwstout.wellness.pros>



24/7 Mental Health Crisis Options:

Call 911 if you are experiencing an emergency.

Northwest Connections:

1-888-552-6642 (local area, Western WI)

National Suicide Prevention Lifeline:

1-800-273-8255

Crisis Text Line:

text hello to 741741

Healthy Boundaries during COVID-19



What is a boundary?

A boundary is a limit between you and another person or activity in order to maintain or improve your health, well being, and safety. You may think of a boundary as a "Do not enter" sign. This sign was put in place for a reason, should be respected, and consequences are to be expected should the boundary be crossed.



Why are boundaries important?

Boundaries allow for improved mental health, emotional health, and can help prevent burnout. Boundaries also help you communicate your needs and wants in a relationship, either with yourself or another person.

How do I set boundaries?

1

Identify the desired boundary

2

Communicate the boundary

3

Explain why the boundary is important

4

Follow up – "I appreciate you respecting the boundary we talked about"

What to do?



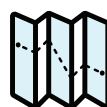
Be Respectful

Make sure that while you are stern, you are not disrespectful. It will do very little good to use put-downs or resort to yelling.



Compromise

Remember that relationships are about giving and taking, and compromise when necessary. Talk through the boundary with the other person, but hear their side as well.



Plan Ahead

Think about what you'd like to say before saying it. Know what your purpose is and the importance of the boundary so that you can communicate that in a calm manner.



Body Language

Our body language often tells more of a story than our words do. It is important to say "no", showing confidence. This can be done with eye contact and using a stern tone of voice.



SETTING BOUNDARIES

Knowing what your own boundaries are is the first step in being able to set boundaries. Think about what you value, and how your values help you to create boundaries.

Although some boundaries may be obvious, others may be more difficult to think about and create.

Some boundaries may be the same as your parents', siblings', or friends', but others will be more unique to you and your needs and wants.

It is important to know what your boundaries are before entering a situation. That way, it will be more difficult for you to slip into doing something that you are not comfortable with.

What to say?

You always have the right to say "no". When doing so, express yourself clearly and without ambiguity so there is no doubt about what you want.

- "I'm not comfortable doing that."
- "That goes against my values."
- "This is not okay."
- "Not right now."
- "Please do not do that."

PRACTICE ACTIVITY

Situation: Your partner asks you for your phone password. You feel that this is an invasion of your privacy.

Response:

Situation: Your coworker is frustrated that you won't pick up their shift after explaining you are unavailable this weekend. They start swearing and raising their voice at you and you start to feel uncomfortable.

Response:

Situation: You are working on homework and have to turn in an assignment by midnight and it is 10pm. Your friend calls and wants to talk about some issues she is having with her partner.

Response:

Situation: You are just about to start a yoga session when your mom walks into your room to talk. You would like to talk after you have finished your workout.

Response: