



UNIVERSITY OF WISCONSIN-STOUT

COUNSELING CENTER NEWSLETTER

ISSUE: 2

DATE: 05/04/2020

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

Maintaining Healthy Relationships

Amid a global pandemic, it can be hard to manage relationships with family members, friends, partners, and professional connections. Some tips for maintaining these relationships are outlined below:



Communicate:

Especially amid social distancing practices, it is important to actively communicate with others and express your wants, needs, emotions, and feelings and listen to what others have to say as well.



Discover new ways to connect:

Texting is all good, but explore other ways to connect with others. This may look like sending a snail mail note, video chatting, or joining a new Facebook group. Spice up video calls for work by suggesting a “bring your pet to the meeting” or “wear your favorite hat” theme.



Adjust!

During this difficult time, some needs are more of a priority than before. Things like food, love, and safety become much more important. Focusing on parts of the relationship that focus on supporting these needs is helpful during this time.



Focus on the good:

Take the time to be grateful for the relationships that you have and what you can do to maintain them or allow them to grow. Express gratitude and let others know that you appreciate having them in your life.



Make time for YOU:

Not only is it important to maintain healthy relationships with others, it is important to care for yourself as well! Take time to treat yourself and having time away from your work, partner, family, or friends.



Healthy Relationship Activity

What does a healthy relationship look like?

- Mutual Trust
- Communication
- Respect
- Honesty
- Problem Solving
- Individuality
- Understanding
- Compromise

What does an unhealthy relationship look like?

- Excessive Control
- Dependence
- Lying
- Hostility
- Intimidation
- Violence
- Disrespect
- Manipulation

For more information on Healthy Relationships visit <https://youth.gov/youth-topics/teen-dating-violence/characteristics>

Keeping in mind what makes an unhealthy relationship versus a healthy relationship, it is time to be creative! Come up with a few characteristics of a “___ Wanted” ad. You fill in the blank with “Partner”, “Co-worker”, or “Friend”. Think about what you look for in these individuals and write these characteristics, traits, or behaviors that make for a healthy relationship in each of the shapes below.

After listing each of these items, think about what makes them contribute to a healthy relationship...

Characteristic #1: _____

Characteristic #2: _____

Characteristic #3: _____

Characteristic #4: _____

Characteristic #5: _____