



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Haven Project at the Center for Health and Well-Being

February 2021



Healthy Relationships

Your **familial, social, romantic, and professional** relationships can have a great impact on other aspects of your life, including our mental and physical health. Due to the COVID-19 pandemic, it is important to maintain these relationships, but be mindful of how interactions may change.



ARE YOU IN A HEALTHY RELATIONSHIP?

Learn the signs of an unhealthy or abusive relationship and **BREAK THE SILENCE**.

Visit: joinonlove.org to learn more about unhealthy relationships.



Remember: many people are experiencing higher levels of stress right now, so keep that in mind when communicating. Try to recognize when you're taking stress out on those around you and minimize it.

10 Signs of a Healthy Relationship (joinonlove.org)

A healthy relationship does not mean a "perfect" relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Here are 10 signs you have a healthy relationship:

- **Comfortable Pace:** The relationship moves at a speed that feels enjoyable for each person.
- **Trust:** Confidence that your partner won't do anything to hurt you or ruin the relationship.
- **Honesty:** You can be truthful and candid without fearing how the other person will respond.
- **Independence:** You have space to be yourself outside of the relationship.
- **Respect:** You value one another's beliefs and opinions, and love one another for who you are as a person.
- **Equality:** The relationship feels balanced and everyone puts the same effort into the success of the relationship.
- **Kindness:** You are caring and empathetic to one another, and provide comfort and support.
- **Taking Responsibility:** Owning your actions and words. You avoid placing blame and are able to admit when you make a mistake.
- **Healthy Conflict:** Openly and respectfully discussing issues and confronting disagreements non-judgmentally.
- **Fun:** You enjoy spending time together and you bring out the best in each other.

Upcoming Haven Events– February 2021:

- **Tues. 2/9– Healthy Relationships program,** 6:30pm-7:30pm, Zoom ID: 99455840819
- **Thurs. 2/11– Open Student Green Dot training,** 6pm-7pm, Zoom ID: 93557303276
- **Tues. 2/16– Relationship Prosperity in a Pandemic (with Queer Conversations),** 5pm-7pm, In-person, Elkin Great Room
- **Tues. 2/16– What's Love Got To Do With It?,** 5:30pm-6:30pm, Zoom ID: 99455840819
- **Thurs. 2/18– OneLove's "Couplets" program,** 5pm-6pm, Zoom ID: 99455840819
- **Mon. 2/22– 6 O'clock Series, OneLove's Behind the Post program,** 6:00pm-7:30pm, Zoom ID: 98051597074
- **Tues. 2/23– Green Dot Volunteer training,** 5pm-6pm, Zoom ID: 99455840819

IUP Haven Project

Connect with us for support or to get involved!

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