



Halloween is Scary—Your Relationships Shouldn't Be.



In every relationship, you deserve to be respected and have your boundaries and needs met. All relationships exist on a spectrum from healthy to abusive, with unhealthy relationships in the middle.

In healthy relationships, partners are communicative, respectful, trusting, honest, and equal. Healthy partners feel secure in their relationship—whether they are spending time together or apart—and take the time to learn and respect each other's boundaries. Conflict is normal, and you should be able to respectfully discuss disagreements without becoming hurtful. You deserve to enjoy time spent with your partner. Ultimately, healthy relationships are fun!

In unhealthy relationships, there is a lack of communication, respect, honesty, and trust. Disagreements may happen often and become heated quickly. One or more partners may try to assert control over the other or use pressure to manipulate decisions.

In abusive relationships, partners attempt to gain or maintain power and control over others. Abuse might be physical, sexual, emotional, verbal, financial, or may happen online. Abusive relationships make you feel emotionally or physically unsafe. It is important to know what to look for when it comes to abuse.

Typical warning signs of abusive behavior from your partner(s) include:

- o Checking your phone, email, or social media accounts without your permission.
- o Putting you down frequently, especially in front of others.

- o Isolating you from friends or family.
- o Extreme jealousy or insecurity.
- o Explosive outbursts, temper, or mood swings.
- o Any form of physical harm.
- o Possessiveness or controlling behavior.
- o Pressuring you or forcing you to have sex.

SAPHE RESOURCES

If you suspect you're in an unsafe relationship, here are some resources that may help:

Creating a Safety Plan
(hotline.org)



"Is Your Relationship Healthy?" Quiz
(loveisrespect.org)



WANT TO LEARN MORE?

Check the SAPHE Instagram [@tusaphe](https://www.instagram.com/tusaphe) for events during **Healthy Relationships Week! (Oct. 17-21)**

TUPHE FEATURE

Take Care of Your Mental Health & Well-Being



The CDC defines mental health as our emotional, psychological, and social well-being. Our mental health affects the way we think, feel, and act and helps determine how we handle stress, relate to others, and make healthy choices.

As college students, we often have a lot on our plates. Everything from busy coursework, extra-curricular activities, social life, and internship hunting, all while balancing new friendships and relationships. This lifestyle, unfortunately, fosters an environment in which mental well-being can get put on the back burner. According to the Mayo Clinic, up to 44% of college students have reported experiencing symptoms of depression and anxiety. As the CDC's definition states, our mental health can help determine how well we deal with daily stressors. That is why it is so important to spend time every day focusing on your mental well-being.

To foster a healthy mental health and ensure we can handle the daily stress of college life, here are five tips:

1. Connect with other people.
2. Be physically active.
3. Practice mindfulness, and pay attention to the present moment.
4. Sleep well.
5. Brainstorm ways to relax and schedule those activities on your calendar.

If you need mental well-being support, Tulane has the following resources to assist you:

The Counseling Center: Same-day consultations, individual therapy, group therapy
Call 504-314-2277

The Line: 24/7 crisis support
Call or text 504-264-6074

Student Resources & Support Services: Call 504-314-2160

Breaking Up in a Healthy Way

Breakups are almost always difficult. Even when the breakup is amicable, feelings of loneliness, anxiety, or missing your partner(s) are valid. It's important, though, to know how to break up in a healthy way.

First, know when it's time to break up. Trust your instincts. If you feel nervous around your partner, feel like they are draining your energy rather than replenishing it, and/or trusted friends/family reach out worrying about your relationship, it might be time to break up.

When you break up, it's ideal to speak with your partner in-person in a place you both feel comfortable. Planning out your words can make this conversation smoother. Be honest about your reasons for breaking up, without sugar-

coating or being purposely hurtful. Using "I" statements is useful here. Also, be ready to listen. If you feel overwhelmed, it's alright to ask for space to continue the conversation later.

After you break up, communicate your boundaries, and ensure that your partner(s) understands them. Taking space from each other can allow everyone to come to terms with the end of the relationship and work through their emotions. It's normal to try to be friends after, but you're allowed also to request not remain friends for any reason.

Remember, the most knowledgeable person about your breakup will always be you! Trust yourself.