



Safety Planning for the Holidays

With the holiday season upon us, many will be celebrating the close of 2021 with family and friends. While this time of year can bring up feelings of joy, love, and connection, it can also be an uncomfortable, distressing, or deeply painful time. For people who were harmed by those closest to them, either through intentional violence and abuse or through invalidation and silencing, this time of year can be especially difficult. So, we wanted to offer a few strategies to help you feel safer and more at ease this holiday season.

- 1. Decide your boundaries first-** Not every relationship has healthy power dynamics & sometimes loved ones are not open to having these conversations, but when safe, clearly and concisely communicate what boundaries you need to have a positive relationship.
- 2. Fill up on love and affirmation before you go-** Affirmations or mantras are short sentences that help to activate positive energy and help to restructure our thoughts. Affirmations that you could say are “I deserve joy, love and safety”, “I deserve to relax during my break”, “My worth is not defined by others”.
- 3. Prioritize your healthy coping skills-** focus on back-to-basics self-care like drinking water, eating nutritious food, moving your body, rest, and doing things you enjoy.
- 4. Activate your support system-** stay connected with people who make you feel joy and peace.
- 5. Create a safety plan-** Home is not always a safe place to be. Scan the QR code to access Loveisrespect’s interactive safety planning guide or check out the resources at the link below.



Loveisrespect
If you need additional support, please access resources at srs.tulane.edu/tulane-resources

Self-Care And Setting Boundaries During The Holidays

College brings a new sense of self-awareness and growth, so when returning home, it's important to establish boundaries with those around us and within ourselves to nurture who we are now.

To know what your boundaries are, it's important to take time to reflect on what is important to you. What makes you feel happy and recharged? What makes you feel alone and sad?

Boundaries are a reflection of what makes you feel respected and cared for.

Not every relationship has a power balance and not everyone will be open to having these conversations, but when it is safe, clearly and concisely communicate what boundaries you need maintained to have a healthy, positive relationship.

Remember that it is okay to calmly but

firmly disengage or walk away from toxic conversations.

Additionally, maintaining internal boundaries can look like making time for self-care, releasing guilt around advocating for yourself, practicing self-compassion, nurturing your emotions instead of minimizing them, and respecting your limits.

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The end of the semester is approaching, and that brings with it a stressful time of year: final exams. It's important to have a few tools available so that you can navigate this difficult moment.

Here are some study tips to make your finals season as successful as possible while maintaining your mental well-being.

Plan for your exams. Small, specific steps can allow you to see your progress and stay motivated.

Find your space. Where can you get in the study zone best? Great study spaces on campus include Mussafer Hall, the Business School, the LBC, PJs, or outdoors on a nice day.

Motivate yourself. This may look like putting a motivational quote or picture in your study space or manifesting your goals for finals. Make sure that you keep your self-talk positive.

Avoid distractions. Be honest about what distracts you, whether it's your phone, your friends, or negative thoughts and emotions. If technology is distracting, put your phone or other devices in airplane mode. If your friends are sidetracking you, set boundaries with them around quiet study times. If negative thoughts are in your way, writing them down then releasing them could be helpful.

Take intentional breaks. Rather than being on your phone, take deep breaths, walk, work out, call a friend or go outside to take your mind off of schoolwork for a while.

Take care of your foundational needs. Eating and sleeping an appropriate amount is necessary to perform your best on exams. Remember to nourish your body with the food it needs and get adequate sleep to help sharpen your memory.

Seek support. The Academic Learning and Tutoring Center, located in Howard-Tilton Memorial Library B01, is your partner for academic success. The ALTC offers free peer tutoring in a variety of subjects, as well as both an academic writing center and a math center.

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