HEALTHY RELATIONSHIP
When a relationship is healthy, it brings happiness to our lives. Many studies show that when a person is happy and surrounded by healthy relationships, they are healthier and experience less stress. Although each relationship is different, there are basic elements that keep each one healthy. These characteristics can be applied to any relationship, including partners, parents, siblings, roommates, and even professors!

KEEP YOUR EXPECTATIONS REALISTIC: No one is perfect; accept yourself and others for who they are.

TALK: Communication is the foundation for any healthy relationship. Please do not forget to listen, too!

BE FLEXIBLE: Change and growth are expected.

TAKES CARE OF YOURSELF: We often give to others more often than we remember to meet our own needs.

BE DEPENDABLE: Follow through, be a person of your word, accept responsibility for your actions, be trustworthy, and trust others.

FIGHT FAIR: All relationships experience conflict from time to time. Be respectful, choose your words carefully, and remember that giving yourself or someone else a little space can be a good thing.

SHOW EMOTION: Share your thoughts, feelings, and emotions with the people you care about.

BALANCE: Balance time with friends and loved ones. Balance schoolwork with social activities. Be careful not to overload yourself and remember to try new things. Have fun!

RELATIONSHIPS TAKE EFFORT: Some relationships require more effort than others. Be sure to give each relationship the attention it needs and know that relationships develop with time.

UNHEALTHY RELATIONSHIP
If someone acts controlling, aggressive, coercive, or violent—that’s abuse. A relationship can be abusive even if there is no physical violence. Abuse can be verbal, emotional, sexual, and/or physical. Just because there aren’t any bruises doesn’t mean abuse isn’t taking place.

Take this brief unhealthy relationship quiz— it may help put your relationship into perspective...

My partner:
- Calls/texts me to get the “who, where, what…” details frequently
- Calls me names, insults, or criticizes me
- Acts jealous, possessive, or controlling
- Threatens me
- Threatens to hurt themselves
- Follows me or tracks where I go
- Refuses to allow me to talk to friends/family
- Shoves, hits, punches, slaps, kicks, or hits me
- Forces me to have sex when I don’t want to
- Gives me orders

If you can answer yes to any or all of the above, it may be a sign that you and your partner are in an unhealthy or dangerous relationship.

If you feel that you need to talk to someone about your relationship, there are resources to help.

UNIVERSITY COUNSELING CENTER
The counseling center (214 Wilder Tower) provides individuals, groups, and couples therapy for students who are registered for 6 credits.

SHELBY COUNTY CRIME VICTIMS CENTER
Comprehensive services for victims of crime. 901-222-3950

SAVE THE DATE
HIV Testing: Every Friday 10AM-1PM UC 208 (except 02/24 & 04/07)
Healthy Relationship Fair: 02/14 UC Atrium 11AM-1PM
Eating Disorder Awareness Week 02/28 UC Atrium 10 AM – 2 PM

Check out opportunity to participate in research on effects of yoga on emotional well-being
https://drive.google.com/file/d/0B6T8TbAjqVKIYjcwG5N