



University of New Haven

February 2024 Vol 1. Issue 5

HOLISTIC WELLNESS NEWSLETTER

Office of the Dean of Students

DISCOVERING HOLISTIC WELLNESS



FOSTERING HEALTHY RELATIONSHIPS

SAFE(R) SEX AND CONSENT

PRACTICING SELF LOVE



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FOSTERING HEALTHY RELATIONSHIPS

Building meaningful relationships is an integral part of who we are as humans. Meaningful relationships don't only come from romantic partners but also from friends who are supportive and provide us with a sense of belonging. Beyond the simple fact that they make us feel good, meaningful connections boost our overall health and well-being. Social connections can influence our well-being in the same way as proper nutrition or adequate sleep. Building a nurturing community means recognizing what makes a healthy relationship and ensuring we do our part to maintain meaningful connections.

TENETS OF A HEALTHY RELATIONSHIP

MUTUAL RESPECT:

Mutual respect means that both partners in a relationship can listen non-judgmentally to one another, and value each other's opinions.

HONESTY:

Relationships require that each partner accept responsibility for their behaviors, choices, and actions. Being honest with one another allows each person to foster more trust.

FORGIVENESS & FIGHTING FAIR:

Admitting and apologizing for your own mistakes, while having a willingness to forgive past mistakes allows partners to feel safe within the relationship. It's also necessary to avoid assumptions and criticisms, in favor of actively listening to one another.

GOOD COMMUNICATION:

Communicating openly and truthfully with your partner while being honest with your feelings in your discussions is critical to fostering a healthy relationship.

TRUST & SUPPORT:

It is important that both partners respect one another's personal space and time. This may mean overcoming feelings of jealousy while making efforts to trust one another's decisions. It also means supporting one another's choices and boundaries.

SEPARATE IDENTITIES:

It is important to maintain your individual identity while fostering relationships. This means that both partners have support networks (friends) outside the relationship, and are encouraged to explore their own identities.

FAIRNESS & EQUALITY:

Both partners should be allowed an equal opportunity to seek out their goals and find happiness. This often can require a willingness to compromise and communicate about differences.



CONFLICT RESOLUTION TIPS

Dealing with conflict can be intimidating, but not all conflict has to be negative. Conflict can lead to increased awareness of problems and result in favorable resolutions. Instead of avoiding conflict, it is best to become familiar with tips to help you navigate conflict.

- Take a moment, if you need to. You don't need to be ready to find a resolution immediately.
- When having a conversation, listen to understand, not to respond.
- Allow people to express themselves without interrupting.
- Use "I" statements, and speak from your perspective.
- Identify the behavior that needs to change.
- Make sure all people involved are aware of the solution after the discussion.
- Remember the outcome may not always be favorable to one-side, allow for multiple truths.

SAFE(R) SEX AND CONSENT

Not having sex in college is okay, you should not feel pressured to do so. You should always feel empowered to honor your boundaries and do what feels right for you. If you are or are not having sex, it is still important to learn about sexual health.

CONSENT

One of the most important things when engaging in any sexual relationship is **CONSENT**. Asking for consent is a critical component of all interactions. Consent must be clear and specific so that all involved parties understand what actions are permissible and those that may not be. Please keep in mind that there are certain circumstances that would invalidate consent. For example, individuals who are incapacitated or unconscious are unable to give consent, therefore you cannot engage in sexual activities with them.

PRACTICING SAFE(R) SEX

- There are many options for contraceptives, such as condoms or dental dams; become familiar with them and choose something that works best for you and your partner.
- Things to consider when choosing a form of contraceptive:
 - Will this prevent pregnancy?
 - Is this effective in preventing sexually transmitted infections?
 - Do I know how to use it effectively?
- If you are sexually active, STI screenings should be a part of your routine healthcare. Our campus, Nicholson Health Center, offers confidential STI screenings.
- Get vaccinated against Human Papilloma Virus (HPV), offered through our campus Health Services on campus
- Know that intercourse is not the only form of sex. Become familiar with the risks associated with all forms of sex.

THERE ARE OTHER OPTIONS IF SAFE(R) SEX METHODS ARE INEFFECTIVE

EMERGENCY CONTRACEPTIVE is a pill given to prevent pregnancy following intercourse. It is most effective when given within 72 hours. This can often be obtained at a pharmacy, without a prescription, or through Health Services.

STI TESTING If you engaged in unprotected sex and think you were exposed to an STI, you can schedule a confidential visit with Health Services to get tested.

POST EXPOSURE PROPHYLAXIS (PEP) This can be given if you believe you have been exposed to HIV. Timing is crucial as it is ineffective 72 hours after the exposure.

RESOURCES

Nicholson Health Center: The primary provider of on-campus medical care is Yale New Haven Health Clinicians from Northeast Medical Group. Students can book an appointment with Health Services at (203) 932.7079 or on my charger under Book an Appointment.

Planned Parenthood: Delivers vital reproductive health care and sex education. They also have a chat function that allows you to ask questions of trained sexual health educators. This service is free and confidential.

Practicing Self- Love

We have provided numerous tools and education around helping you navigate relationships with others. However, one relationship that we should always prioritize is the one with ourselves. It can be challenging to practice self-love, but the more intentional you are about it, the more you will nurture the relationship with yourself. Practicing self-love is how we can make sure we are taking care of ourselves physically and emotionally, and it helps us to protect ourselves from outside influences that can diminish our self-worth and overall well-being.

PRIORITIZE YOUR WELLBEING Do things that make and keep you feeling good.

- **Take care of your mental health;** this can mean seeing a therapist or doing other things that help calm your mind, such as taking a walk, coloring, or meditating.
- **Physical health** means taking care of your body. Visit your doctor if you are not feeling well or for a preventative visit, nourish your body, and prioritize a sleep schedule that allows you to get adequate hours of sleep. Take care of your basic needs.
- **Self- Compassion** starts by giving yourself grace, and not being too hard on yourself. Always try to be kind to yourself and remember you are human.
- **Stop Comparing** yourselves to others. It can be easy to get into the habit of comparing yourself to others, especially with social media. Practice celebrating all the great things that you are doing, and don't allow comparison to diminish that. Everyone has their own timing.
- **Set Boundaries.** This can be emotional, physical, and many others. Letting people know your boundaries and honoring them will help you define what makes you comfortable and how you would like people to interact with you.



Check out this article from the [Charger Bulletin](#) by first-year student and staff writer **Jeiry De La Cruz-Reynoso**. The article titled "**Prioritizing Mental Health as a College Student,**." provides examples of how to take care of your mental health and why it is essential. Jeiry wrote this article to remind our Charger community that prioritizing yourself is allowed and will only benefit your well-being in the long run.

Upcoming Events

CORQ App & Charger Connection

Visit Charger Connection (<https://chargerconnection.newhaven.edu>) to learn about events happening within the residential halls, hosted by Recognized Student Organizations, or sponsored by University Offices

Download the CORQ app to view the engagement opportunities for each day and to RSVP for upcoming events!