Mental Health Moment

Presented by the Counseling Department

Healthy Relationships

Teen Dating Violence Awareness Month



CounselingRecovery.com

Did you know?

* Having a healthy relationship can help you grow as you learn appropriate social skills with others including parents, peers, and teachers.

INTELLIGENCE ALLOWS US TO

RESPOND

INSTEAD OF REACT.

- * Relationships teach you about emotions, coping skills, and develops your emotional intelligence.
- * All teens find value in relationships as they enjoy intimacy, closeness, and time spent with their chosen person.
- * It is perfectly normal not to engage in romantic relationships in high school.
- * Relationship violence, anger, jealousy, and other toxic behaviors are not healthy aspects of a relationship

Navigating Teen Life: Healthy Relationships: https://youtu.be/yI_W5H6O4CY

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HOW TO SPEAK LOVE LANGUAGE

ACTIONS WHICH LOVE HOW TO **THINGS** TO TAKE LANGUAGE? COMMUNICATE TO AVOID Send an unexpected note, text, or card. Encourage genuinely and often. Non-constructive criticism, not recognizing or appreciating effort. WORDS OF **AFFIRMATION** Non-verbal - use body language and touch to emphasize love. show physical affection regularly, Make intimacy a thoughtful priority. **PHYSICAL** and gestures. Small things matter in a big occasions, unenthusiastic gift RECEIVING your spouse a priority, speak purposefully. 6 spending time together. Long stints without do small things with your spouse. Weekend getaways are huge. QUALITY One-on-one time is critical. TIME Making the requests of others a higher Do chores together or * make them breakfast **ACTS OF** know you're with them, partnered with them. way to help alleviate follow-through on SERVICE tasks big and small

their daily workload.







Sources: Dating Abuse Resources for Teens. (2019, April 12). Retrieved January 27, 2020, from https://www.thehotline.org/2013/02/25/dating-abuse-resourcesfor-teens/ Office of Adolescent Health. (2019, March 25). Healthy Dating Relationships in Adolescence. Retrieved January 24, 2020, from https://www.hhs.gov/ash/oah/adolescent-development/healthyrelationships/dating/index.html

HOW TO SET

HEALIHA RAANAHIES

1.

LET GO OF THE GUILT, IT'S OKAY TO DO LESS.

2.

SAYING NO HELPS YOU GET YOUR TIME BACK.

S.

KNOW WHAT YOU WANT AND ASK FOR IT.

4.

LET OTHERS TAKE CARE OF THEMSELVES.

5.
DON'T MAKE OTHERS
RESPONSIBLE FOR
YOUR HAPPINESS.

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HEALTHY VS. UNHEALTHY RELATIONSHIPS

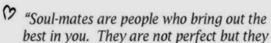


Healthy Love

- · Allows for individuality
- · Brings out partners' best qualities
- · Accepts endings
- · Experiences openness to change
- · Invites growth in the partner
- · Experiences true intimacy
- · Finds pleasure in giving & receiving
- Does not try to change partner
- Does not try to control partner
- · Accepts limitations of self & partner
- · Does not seek unconditional love
- · Has individual high self-esteem
- · Trusts the memory of the partner
- · Expresses feelings spontaneously
- · Welcomes affection & closeness
- · Believes in equality

Unhealthy Love

- · Feelings consumed in the relationship
- · Extremely afraid to let go
- · Excessive fear of risk or change
- · Little individual growth
- · Few truly intimate experiences
- · Playing mind games
- · Trying to get something by giving
- · Trying to change people
- Needing others to feel secure & happy
- · Refusing to commit
- Repeatedly experience of negative feelings
- · Being afraid of affection & closeness
- · Cares with excessive detachment
- · Frequent playing of "power games"
- · Looking to others for self-worth



are always perfect for you." - Unknown



FRIENDSHIPS Healthy Unhealthy X Blindly supportive √ Supportive ✓ Stands behind X Fights your battles for you you ✓ Encourages you X Criticizes or to grow judges ✓ Pushes you X Pressures you to do something you don't want to do outside of your comfort zone √ Transparent and X Manipulative and Honest Deceitful