

Wellness Wednesday's

April 15, 2020



Retrieved from https://www.uwosh.edu/couns_center/internal_images/wellprograms.jpg

Contents

Addressing Conflict and Boundaries at Home	3
How to Stay Active at Home	5
Weekly Relaxation Activity	7
Parent's Corner	8
Resources	9
References	10

Addressing Conflict and Boundaries at Home

It is normal to have disagreements, especially when you are around your loved ones 24/7, so how do you address conflict at home when you must stay under the same roof?

Ideas for Resolving Conflict

- **Take a break.** Go to separate areas of your home or apartment and take a break. Decide how long you would like to take (e.g., 5 minutes). This allows you to cool down, collect your thoughts, and approach the situation from a fresh perspective.
- **Take turns and address one concern at a time.** This may seem simple but staying present on a specific topic allows both parties to focus on the same thing without bringing in other content that distracts.
- **Empathize.** Showing and expressing understanding for the other person's perspective can make them feel heard and validated. This can start to create a softness in both parties to meet in the middle instead of from an us vs. them mentality.
- **Actively listen.** Listen to understand, not to respond. Remember you are a team in this, so work together through listening in order to address a concern together.
- **Problem solve together.** Write a list of ways to address the concern. There are no dumb ideas here (truly!). It is about putting together a collection of acceptable options and then creating a solution that both parties can agree upon.
- **Speak calmly.** Keep your voices at a medium speaking volume to prevent your message from getting misconstrued or escalated. If it's too loud for the library, it's too loud for your discussion. Take a break if needed.
- **Identify the need.** When there is conflict, it can be due to an unmet need. Try to decide what the underlying need or desire is. For example, if your partner or child did not do the dishes after you asked them several times, perhaps the underlying need or desire is to feel valued. By being able to identify the need or want, it can improve your communication on why it is important for your partner to meet that request.
- **Be reasonable.** Remember you are in this together, whether it is a roommate, family, etc. You all have different stressors, so meeting in the middle and creating goals or expectations that are manageable for each party is necessary.

Boundaries

Part of managing conflict can look like setting boundaries, whether it is physical or emotional. Boundaries can help others understand what is an acceptable way to interact with you. Consider what the consequences will be if your communicated boundaries are not followed.

How to Set Personal Boundaries



PositivePsychology.com

Retrieved from <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>

Tips for Setting Boundaries

- **Identify the need.** Understand what you need and why that is important to you. This helps build a foundation and will facilitate the process of setting a boundary if you know why it is necessary.
- **Use as few words as possible.** This creates a clear message that is easy to understand.
- **No explanation needed.** You are entitled to your personal boundaries, so no justification for the boundary is necessary.
- **Keep the focus on your needs.** This makes the boundary about what you need without pushing the blame or responsibility on someone else, which can put them into a defensive role.
- **Practice.** It may feel uncomfortable or selfish to set a boundary if you haven't in the past, so try practicing what you'll say in the mirror or to a trusted friend. Remember, your needs are different from others and stating your boundaries is simply respecting your own autonomy.

Need Additional Help?

If you feel unsafe at home or are nervous about setting a boundary with someone, consider creating a safety plan with steps on how to remain safe, including boundary setting, with a counselor or connect with the National Domestic Violence Hotline via phone at 1-800-799-7233, their website at <https://www.thehotline.org/>, or text "LOVEIS" to 22522.

How to Stay Active at Home

As we continue to adjust to life at home, it's important to stay active. Exercise is useful for more than just weight loss. It can help relieve stress, provide an outlet for anxiety and depression, help with sleep, improve concentration, and many more benefits.

Even if you don't have much time, just start building in little workout movements throughout your day. It's important to start where you feel comfortable. If you only have 30-seconds, do some quick jumping jacks. This can provide a burst of energy and get your blood flowing. Try it for a week and see if you notice a difference. If you're looking for more ideas, try the videos below and build your own routine.

If you have kids or roommates or a significant other, consider making a weekly challenge. If you live alone, consider a group text with friends using the same rules. One person can pick a move of the day and at different times you can shout (or text) "Start!" and do a quick 30 seconds of the move. It can create a fun memory and gets everyone involved.

Don't forget to listen to your body and adjust as needed to your skill level.

Workout #1 – Low Impact Exercises

Only have little 30 second segments throughout your day? Try one of the exercises from the 3-minute video below. It goes through 12 simple exercises that are low impact (no jumping!) from crunches to squats to toe touches.



Retrieved from <https://www.youtube.com/watch?v=cxy6euuXG9w>

Workout #2 – Full Body 10-Minute Workout

Looking for a full body workout with no equipment needed? The video below goes through 10 moves in 10 minutes that are sure to get you sweating. Remember, it doesn't have to take long to be effective.



Retrieved from <https://www.youtube.com/watch?v=I6t0quh8Ick>

Weekly Relaxation Activity

Progressive muscle relaxation is a way to reduce anxiety and stress by focusing and tensing different areas in your body. The video below walks you through an example of this practice. You can incorporate this in your everyday routine once you learn the process. It can be useful to start with the area you are feeling the most tension and continue to the next area until you feel more relaxed.



Retrieved from <https://www.youtube.com/watch?v=1nZEdqcGVzo>.

Parent's Corner

Sometimes we can't change our circumstances, we can only adjust how we interact with them. This week, try to give yourself some space if things don't go according to plan. Expectations for ourselves can create unnecessary stress, so by having a more flexible approach it can reduce some of the stress and allow you to adapt more readily if things don't go as planned. Try taking three deep breaths when you're feeling overwhelmed and ask yourself "What can I do in this moment?" "What do I need?" This can help to clear your head and allow you to refocus.

At-Home Activities

Turn mealtime into a fun activity with your child! It doesn't have to be elaborate, just consider little ways that your child can help in the kitchen while making special time together. For example, putting food on sticks makes everything better. See the simple idea below that has your favorite sandwich cut up with fruit in between.



Retrieved from <https://www.tasteofhome.com/collection/easy-recipes-for-kids-to-make-by-themselves/>

Resources

Mental Health Resources

- **Disaster Distress Helpline** (crisis and support line for natural/pandemic disasters): Text "TalkWithUs" to 66746 or call 1-800-985-5990
Website: DisasterDistress.samhsa.gov
- **Local Crisis Line:** Call 320-253-5555 or 800-635-8008
- **National Domestic Violence Hotline:** Text "LOVEIS" to 22522 or call 1-800-799-7233
Website: <https://www.thehotline.org/>
- **National Suicide Prevention Lifeline:** Call 1-800-273-8255
Website: <https://suicidepreventionlifeline.org/>
- **SCSU Counseling and Psychological Services (CAPS):** Call 320-308-3171
Website: <https://www.stcloudstate.edu/counseling/default.aspx>
- **ULifeline** (online resource for college mental health): Text "START" to 741-741 or call 1-800-273-TALK (8255)
Website: <http://www.ulifeline.org/>

Substance Use Resources

- **Alcoholic Anonymous (AA) Online Meetings:**
Website: <http://aa-intergroup.org/>
- **Narcotics Anonymous (NA) Virtual Meetings:**
Website: https://na.org/?ID=virtual_meetings

Student Support Resources

- **SCSU Student Parent Support Center:**
<https://www.facebook.com/scsustudentparentsupportcenter/>
- **SCSU Non-Traditional Student Support:** <https://www.facebook.com/SCSUNonTrads/>

References

- Cahn, L. (n.d.). 30 Easy Recipes Your Kids Can Make All By Themselves. Retrieved from <https://www.tasteofhome.com/collection/easy-recipes-for-kids-to-make-by-themselves/>
- Goodful. (2018). 12 Easy No-Jumping Workout Moves. Retrieved from <https://www.youtube.com/watch?v=cxy6euuXG9w>
- POPSUGAR Fitness. (2012). 10-Minute No-Equipment Home Workout, Full Body Exercise, Class FitSugar. Retrieved from <https://www.youtube.com/watch?v=l6t0quh8lck>
- Robinson, L., Segal, J., & Smith, M. (2019). The Mental Health Benefits of Exercise. Retrieved from <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>
- Selva, J. (2020, April 10). How to Set Healthy Boundaries: 10 Examples PDF Worksheets. Retrieved from <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>
- Therapist Aid. (2014). How to do Progressive Muscle Relaxation. Retrieved from <https://www.youtube.com/watch?v=1nZEdqcGVzo>
- Walters, M. (2011). Conflict Resolution Strategies. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2011/08/22/conflict-resolution-strategies>
- Wellness Sign on Tree*. (n.d.). Retrieved from https://www.uwosh.edu/couns_center/internal_images/wellprograms.jpg