Under One Roof: Good Communication Skills & Healthy Boundaries for Parents and Students

Benedictine University
Parent Programming Series
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Introductions

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Today’s Agenda

➢ Qualities of healthy relationships
➢ Building stronger family relationships through:
  o Healthy communications
  o Boundary setting
➢ Encouraging self-care
➢ Benedictine University campus resources
➢ Questions
What Does A Healthy Relationship Look Like?
Different Types of Relationships

➢ Family
  ○ First place where we learn to live and relate to others
  ○ Provide warmth and support

➢ Close friendships
  ○ Formed outside of the family and are chosen freely

➢ Teammates

➢ Roommates

➢ Romantic Relationships

➢ Professional Relationships
  ○ Formed at the workplace to help work productively and effectively
Characteristics of Healthy Relationships

➢ Mutual respect
  ○ Values each other’s beliefs, opinions, and who you are as a person

➢ Trust
  ○ Believing your family member won’t do anything to hurt you

➢ Honesty
  ○ Being truthful and open

➢ Compromise
  ○ Giving up something to reach a place of understanding
Characteristics of Healthy Relationships

- **Individuality**
  - Being your own person with your own ideas, interests, and friends

- **Good Communication**
  - Talking to your family member openly about the good AND the bad

- **Independence**
  - Having your own space and freedom

- **Equality**
  - Consider each other equals in the relationship and put equal effort into it

- **Healthy Conflict**
  - Provides an opportunity for change and to work out your problems

https://www.joinonelove.org/signs-healthy-relationship/
Healthy Conflict Engagement

➢ Not every relationship is going to be conflict-free and that’s ok!

➢ Having a healthy conflict means getting to the root of an issue and addressing it respectfully before it escalates into something bigger.

➢ You may even grow and have a stronger bond from having thoughtful discussions with one another.

➢ Try having “ground rules” for family engagement (*group norms in psychology*)
  - Be respectful, fact-based, etc.
Ways to Address Conflict in a Healthy Way

➢ Actively Listen
  ○ When arguing, you may find yourself thinking about what you want to say next to defend your beliefs — and there’s nothing wrong with that — just make sure you’re also respectfully listening to what they are saying.
  ■ Example: Reiterate the point you just heard.
➢ Take a Breath
  ○ If things are getting heated, take a minute to collect your thoughts...go for a walk, find a place where you can reset
➢ Be Present
  ○ Avoid distractions like a cell phone!
➢ Be Curious
  ○ Ask questions to get to the root of someone’s feelings.
Something to Think About: Using Our Wise Mind
Communication Tip - DEAR MAN

D - Describe (Describe situation using FACTS.)

E - Express (Your FEELINGS and OPINIONS; don’t assume other person knows.)

A - Assert (Ask for what you want or say No clearly.)

R - Reinforce (Reward by explaining positive effects of getting what you want/need.)

M - (Stay) Mindful (Keep focus on YOUR GOALS; don’t get off topic.)

A - Appear Confident (Use confident voice, make eye contact, practice in advance)

N - Negotiate (Be willing to give to get; offer or ask for other solutions to problem.)

Active Listening

What do you want from each other?

Are you venting and just want to feel heard or do you want advice?
What Are Boundaries?
Boundaries

➢ Guidelines, rules or limits that a person creates to identify for themselves what are reasonable, safe and permissible ways for other people to behave around them and how they will respond when someone steps outside those limits.
  ○ Can be physical, emotional/intellectual, material, time-based, sexual, etc.
  ○ Can be rigid, clear, or fuzzy
Types of Boundaries

➢ Physical
  ○ Your sense of personal space, your privacy, and your body.
    ■ Examples: close talker, looking through other people’s emails or social media, or inappropriate touching

➢ Emotional/Intellectual
  ○ Your beliefs, behaviors, choices, sense of responsibility, and personal ability to be intimate with others.
    ■ Examples: not taking responsibility and blaming others, sacrificing your plans to please others, and not knowing how to separate your feelings from your partners or family’s
Types of Boundaries

➢ **Time**
  ● How you choose to use our time.
    ■ Example: When another person demands too much of another person’s time.

➢ **Material**
  ● Our money and possessions.
    ■ Examples: Someone steals or damages another person’s possessions, or when they pressure them to give or lend them their possessions.
Types of Boundaries

➢ Rigid
  ○ These are strict and do not change. You might not know why these rules are rules . . . but you do know that you have to follow them!

➢ Clear
  ○ You understand these rules. Clear boundaries can change, too. Some things that were “out of bounds” when you were younger might be okay now.

➢ Fuzzy
  ○ These are “rules” that aren’t really rules at all. A fuzzy boundary might be one that says that anything goes or it might be a rule that is strict one day, but totally ignored the next day.
Why Do We Need Boundaries?

➢ Help us feel safe
➢ Give away too much of ourselves if we don’t set them
➢ Allow others to grow
  ○ Makes others conscious of their behaviors
➢ Increases our self-esteem
➢ Keeps us in control of our time and efforts
➢ Receive more self respect from others

*Boundaries require honest, clear & direct communication*
Creating Boundaries in Our Physical Spaces

- Choose a room or a corner to set up your own personal work or learning space
- Set limits on “work time” and “personal time”
- Discuss signals for “Do Not Disturb”
  - Make a sign
  - Wearing headphones
  - Door closed

Respect these physical boundaries
What Does An Unhealthy Relationship Look Like?
Unhealthy Behaviors in Relationships

 ➢ Isolation
  ○ Keeping you away from friends or family; choosing between partner and family

 ➢ Belittling
  ○ Saying things to make you feel bad about yourself
    ■ Name-calling, criticizing you, making rude remarks about your family or friends

 ➢ Guilting
  ○ Pressure /responsibility to always make that person happy or being responsible for their actions
    ■ Pressuring you to do something and saying it’ll make them unhappy if you don’t do it

 ➢ Deflecting responsibility
  ○ Blaming someone else for your actions or behavior

 ➢ Volatility
  ○ Unpredictable reaction to something that makes you feel scared or intimidated
    ■ Walking on eggshells, mood swings, yelling or threatening you

https://www.joinonelove.org/signs-unhealthy-relationship/
How Can We Support One Another at Home?
Empathy vs. Sympathy
Healthy Skills for Support

➢ Communication
➢ Remind the person that you are there for them
➢ One deserves control over their part in the relationship
➢ Create and set new routines that work for your family
➢ Be clear about boundaries – both emotional and physical
  ○ Misunderstandings are natural and will occur, talk through them and communicate your feelings
More Healthy Skills for Support

- Make time for fun activities at home - get creative
- Build support systems
  - It can be helpful to have support systems outside of your relationships and family
    - Can consist of family, friends, coworkers, or counselors
Healthy Coping Skills for Mental Health

- Practicing self-care is important for everyone!
  - “Lean In” vs. “Lean Out”
- Important to make time for things you love to do, on your own or with others.
- Caring for your body can make you feel better.
  - Triad of Wellness: Sleep, Nutrition, and Exercise
- Practicing healthy self-care routines can help cope with stress.
- Counseling can be a valuable investment in self-care
Self-Care Examples

➢ Disconnecting from technology
➢ Meditation
➢ Leisure reading
➢ Yoga
➢ Dance
➢ Maintaining consistent sleep routine
➢ Healthier eating habits
➢ Staying connected to others
➢ Trying new hobby/activity
➢ Counseling / using your EAP
More Healthy Coping Skills for Mental Health

➢ Managing your time
  ○ To-do lists
  ○ Apps that help with time management
    ■ Ex. Forest app

➢ Knowing your limits
  ○ Not taking on more than you can handle
  ○ Eustress only

➢ Taking care of your body
  ○ Feed your body
  ○ Daily exercise
    ■ Walking, biking, yoga, dance
Meditation Activity

➢ Meditation helps us be fully present in the moment without judgment or attachment

➢ When we are fully present, the quality of our relationships can improve
  ○ Feeling heard and made us a priority
Benedictine University
Counseling Center Services for Students

➢ All counseling sessions are free and confidential!
  ○ What happens in session, stays in session

➢ Skill building
  ○ Communication skills
  ○ Understanding your feelings
  ○ Defining boundaries

➢ Don’t need to be in crisis to reach out!
  ○ Great way to manage stress or motivation challenges
Benedictine University Counseling Center Details

➢ Located in Krasa Hall Room #112
  ○ This Fall 2020, Working Virtually Using Doxy.me
➢ Call us at 630-829-1800 to schedule appt.
➢ Hours: Monday-Friday from 9:00am-5:00pm
➢ Virtual “Walk-In” Space: Available Monday-Friday 10:00am - 4:00pm at https://doxy.me/benuwalkin
Other Benedictine University Resources

- PEACE Team
  - Promoting Empowerment & Community Engagement
- Campus Ministry
- ACE Center
  - Accommodations & Academic Support
- CARE Form
  - Safe & anonymous
Additional Resources

➢ Family Shelter Service 24/7 Hotline
  o 630-469-5650

Onelove:

https://www.joinonelove.org/learn/5-easy-ways-to-communicate-better-in-your-relationships/

https://www.joinonelove.org/learn/the-new-normal-maintaining-healthy-relationships-from-home/
Comments, Questions, or Concerns?

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Thank you for joining us today!