

Mental Notes

A Monthly Newsletter

Volume 1, Issue 2, February 2007

Relationships, Romance... and Thanksgiving?

February is a month of love. For those of you in relationships, Valentine's Day is all about showing your partners how much you love and care about them. It's about showing your appreciation for them. A healthy relationship is built upon trust and appreciation. It's about "giving thanks" for the many things your partner does. Here are a few suggestions on how to show appreciation...directly and indirectly:

1. *Tell* your partner, "I appreciate about you."
2. Really listen when your partner has something to say.
3. Make it a point to spend some quality time with your partner.
4. Likewise, you don't have to spend

every second of the day with your partner; doing something without him/her will help you to develop your own interests.

5. Don't be afraid to try something that interests your partner. This may sound contradictory, but it's all about balance and what makes the both of you happy.

6. When there is an argument, listen in a nonjudgmental way and do your best to give and take. It depends on what you're able to live with.

7. Talk to your partner about your first date, the first time you saw him/her, or any other positive, memorable

story. It will bring up many fond memories, and your partner will be flattered that you remembered.

8. Talk to your partner about your goals in life and where you see yourself in 10 years.
9. Ask your partner about his/her childhood. This can reveal so much about them that you never knew.
10. Don't take your partner for granted. Say "Thank you."

Couples Counseling

UNO Counseling Services offers couples counseling and can help you achieve a more satisfying relationship with your partner! Please call for an appointment.

When Love Really Does Hurt

Being in love can sometimes hurt emotionally. But it should *never* hurt physically. With all the celebration during Valentine's Day, it is easy to forget about the dark side of relationships. I'm talking about domestic violence. It's often pushed aside because of embarrassment, misinformation, or lack of knowledge. Sometimes those in violent relationships don't even realize that what they are going through is called "abuse." Domestic violence can include threats, pushing, punching, slapping, tripping, and pinching your partner. It also includes forcing your partner to have sex against their will. It doesn't matter whether the abuser considered it abuse or just joking around;

what matters is whether the abused partner was afraid at that time.

SPRING WORKSHOPS

February 7 12:30 PM

Time Management

February 13 12:30 PM

Sexual Health

February 28 12:30 PM

Test Anxiety

March 7 12:30 PM

Men's Issues

March 28 12:30 PM

Public Speaking

April 12 12:30 PM

Relationships

April 25 12:30 PM

Career Planning

SAVE THE DATES!

*All workshops are held in Kirschman Hall Room 301.

