

# Wellness InSTALLments

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## Be the Change to a Great Relationship

### Guess the Word!

Each of the words are aspects of a healthy relationship, can you figure out the jumbled words?

CPEESTR

TURST

NSTOHYE

PPTROSU

PINHAPSEE

### Resources!

#### CAPS Relationship Group

(239) 590-7950; caps@fgcu.edu

**One Love** 24/7 confidential help through a variety of resources!

Text "loveis" to 22522\*

Live chat at [Loveisrespect.org](http://Loveisrespect.org)

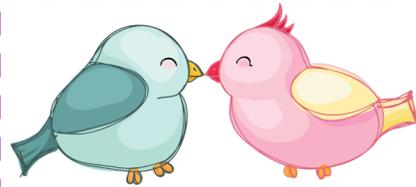
Voice call 1-866-331-9474

#### Victim Advocate

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A relationship is a connection between two individuals and our lives are made up of so many of them – friends, family, acquaintances and romantic partners! Unfortunately, many people may not know how to identify the subtle differences between a healthy relationship and an unhealthy relationship. **About 6 in 10 people have stayed in relationships they didn't find fulfilling.** Healthy relationships consist of two people who develop a connection based on respect, trust, honesty, and support for each other. A healthy relationship should bring more happiness than stress in your life and make you feel like you can be your complete self. It is important to maintain your independent life while developing a life you can share with one another. Don't know if your relationship is healthy? Read on!

## The 5 C's to a Great Relationship

Here is a good starting point to see if you are in a healthy relationship. Analyze your current relationship with these 5 C's or learn them for future relationships!

### Commitment

It is about agreement, defining expectations and fulfilling the promises made.

### Caring

An outward demonstration of an inward feeling and emotion; feeling loved, cared for, valued.



### Companionship

Actively listening to one another and being there. It is the quality of time spent together.

### Compromise

Knowing and accepting is more important. It is better to be in the right relationship than always being right.

### Communication

Remaining engaged and giving full attention to your partner. Respecting different styles one may have.

### Wellness Tip

Practice healthy relationship habits with everyone by keeping open communication and being respectful!

### Question of the Month

Which of the 5 C's means putting aside your need to always be correct?

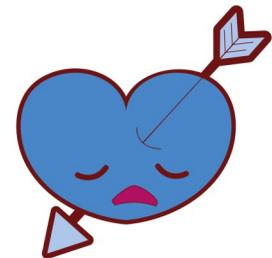
RSVP on [Eagle Link](http://Eagle Link) at [getinvolved.fgcu.edu](http://getinvolved.fgcu.edu) with the correct answer to enter into a drawing for **\$10 of Eagle Dollars!**

## Look Out! Red Flags!

There are key red flags in an unhealthy relationship that often go unnoticed or "not seen."

### It is unhealthy if they:

- ✘ Lie to you or disappear for days
- ✘ Try to control who you see and where you go
- ✘ Tell you to shut up or call you names
- ✘ Do not communicate in the relationship
- ✘ Do not respect you and/or make you feel uncomfortable
- ✘ Blame you for how they treat you or for anything bad that happens



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