UCLA ORL + RISE + CAPS + CARE PRESENTS:

HARMONY IN THE AGE OF COVID

A SERIES DEDICATED TO PROVIDING INTERACTIVE PROGRAMMING THAT WILL ADDRESS HOW TO SAFELY STRENGTHEN COMMUNICATION, PROVIDE HEALTHY COPING SKILLS, AND STRATEGIES ON HOW TO BUILD STRONG RELATIONSHIPS WHILE SOCIAL DISTANCING.
ESTABLISHING HEALTHY COMMUNICATION

Good communication is the key to any healthy relationship. In the age of social distancing, creating and normalizing healthy communication skills can make dealing with conflict easier, help establish your own boundaries, and ensure the space you are in is the safest possible for yourself.

CONSIDERATIONS WHEN THINKING ABOUT HEALTHY COMMUNICATION

BOUNDARIES ARE PERSONAL AND VARY PERSON TO PERSON.

SELF CARE. OPEN COMMUNICATION ALLOWS YOU TO MAKE YOURSELF A PRIORITY.

ASSERTIVENESS. BE CLEAR AND CONCISE ON WHAT YOUR BOUNDARIES ARE.

FLEXIBILITY. YOUR BOUNDARIES CAN CHANGE AND THAT'S OKAY. ONLY YOU HAVE THE POWER TO DECIDE THAT. AND IT'S OKAY TO COMMUNICATE THIS.

CONSERVATION. COMMUNICATION AND BOUNDARIES ALLOW US TO CONSERVE OUR EMOTIONAL ENERGY.
HOW TO COMMUNICATE IF YOU ARE ANGRY OR ANNOYED

STOP. IF YOU GET REALLY ANGRY ABOUT SOMETHING, STOP, TAKE A STEP BACK AND BREATHE. TAKE A SHORT BREAK BEFORE CONTINUING THE CONVERSATION.

THINK. AFTER YOUR NO LONGER UPSET, THINK ABOUT THE SITUATION AND WHY YOU GOT SO ANGRY. WAS IT HOW YOUR PARTNER/ROOMMATE SPOKE OR SOMETHING THEY DID? FIGURE OUT THE REAL PROBLEM, THEN THINK ABOUT HOW TO EXPLAIN YOUR FEELINGS.

TALK. FINALLY, TALK TO YOUR PARTNER/ROOMMATE AND WHEN YOU DO, FOLLOW THE TIPS ABOVE.

LISTEN. AFTER YOU TELL YOUR PARTNER/ROOMMATE HOW YOU FEEL, REMEMBER TO STOP TALKING AND LISTEN TO WHAT THEY HAVE TO SAY. YOU BOTH DESERVE THE OPPORTUNITY TO EXPRESS HOW YOU FEEL IN A SAFE AND HEALTHY ENVIRONMENT.
ESTABLISHING HEALTHY BOUNDARIES

In the age of social-distancing, having healthy boundaries, whether in the home or in the workplace, are more important than ever. Please see the following information on how you can create the safest space for you, both mentally and physically. These relationships can be platonic, romantic, sexual, familial, and institutional.

WHAT ARE BOUNDARIES?

Boundaries are an external expression of an internal self-affirmation. This means knowing and affirming what is important to us.

CONSIDERATIONS FOR SETTING BOUNDARIES

Know what you want

Give yourself permission to ask for it

Be specific in your request

Ask without apology

Openness, honesty, and transparency with supervisors, partners, roommates, children, etc.

Watch your expectations

Accept the answer if it is no

Take responsibility for your own wants and needs

Find a way to fulfill it yourself
WHEN YOU ARE FEELING ANXIOUS, FRUSTRATED, AND/OR ANNOYED, TRY SOME GROUNDING TECHNIQUES:

FIND A GROUNDING OBJECT TO HOLD ON TO.

STRETCH

GET UP AND WALK AROUND. TAKE YOUR TIME TO NOTICE EACH STEP YOU TAKE. ONE, THEN ANOTHER

TAKE TEN SLOW BREATHES. FOCUS YOUR ATTENTION FULLY ON EACH BRAIN

SIP A COOL DRINK OF WATER

TO FIND MORE GROUNDING TECHNIQUES, PLEASE SEE THE END OF THE FLYER FOR MORE INFORMATION

If you have tried setting boundaries and feel like the relationship is becoming/continuing to be harmful, please consider reaching out to the following resources:

If you are in immediate danger, call **911**

**CARE** is still connecting with clients. However, due to California’s Safer at Home order to prevent the spread of COVID-19, all of our appointments will be done remotely. You can schedule an appointment by visiting our website. We are responding to emails during business hours Monday-Friday 8:30am-5:30pm. Additionally, 24-hour crisis counseling is available by calling *(310) 825-0768*.

**National Domestic Violence Hotline**

24/7 hotline: 800-799-7233

If you’re unable to speak safely, go to www.hotline.org or text LOVEIS to 22522
Listening to your body is one of the best things you can do now. Take a few moments to breathe, reflect and slow down during this time of uncertainty and shifting. You have to the tools within yourself to make it to the end. And you are not alone. We are here to help.
SELF-CARE DURING SOCIAL DISTANCING

Self-care can be defined as any set of practices that makes you feel physically, mentally, spiritually, and socially nourished.

**PHYSICAL**
- Yoga
- Dancing
- Stretching
- Deep breathing
- Drinking water
- Herbal baths

**MENTAL**
- Reading
- Resting
- Drawing
- Journaling
- Meditating
- Affirmations

**SPIRITUAL**
- Daily gratitude
- Laughter
- Mindfulness
- Mantras
- Uplifting music
- Vision boards

**SOCIAL**
- Stay connected
- Call a loved one
- Virtual workshops
- Virtual movie party
- Zoom calls with family/friends
RESOURCES
RISE, CAPS, CARE

RESILIENCE IN YOUR STUDENT EXPERIENCE (RISE) is a holistic wellness hub that provides an array of programs, classes, trainings, and self-directed resources to foster and support resilience, connection, and well-being for our UCLA community.

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) is here to support your mental health needs as you pursue your academic goals. Our services are designed to foster the development of healthy well-being necessary for success in a complex global environment.

CAMPUS ASSAULT RESOURCES AND EDUCATION PROGRAM (CARE) promotes an environment free of sexual and gender-based violence. CARE provides confidential advocacy, comprehensive outreach and prevention education, and holistic healing programs for the UCLA community. Through these avenues, CARE works to ensure that the UCLA community understands their right to a safe campus experience and provides support to those impacted by sexual and gender-based violence.
UPCOMING PROGRAMS

**Video Collection Topics**

CAPS/RISE/CARE Resources

Normalizing Emotional Mechanisms

Identifying, Naming, and Labeling Emotions

Communication and Effectiveness

**Virtual Community Events**

Relationship and Effectiveness Communication

Identifying and Communicating Boundaries

Supporting Yourself and Others during the age of COVID

**Healing Programs**

Trauma Informed Yoga
(audio file available virtually by request)

Art Series
(Tuesdays in July)

Empowerment Series
(Wednesdays in July)

Journaling Series
(Thursdays in July)

Check the UAS weekly newsletter for flyers with specific dates and times!
ADDITIONAL RESOURCES

Contact a CARE Advocate:
advocate@careprogram.ucla.edu

Request a CAPS appointment:
https://www.counseling.ucla.edu/

RISE Program Meditations
https://risecenter.ucla.edu/

Free Virtual Workouts and Programs for UCLA Community
https://www.recreation.ucla.edu/

Mindfulness Resource Center
https://www.uclahealth.org/marc/mindful-meditations

Resources and Tools for Anxiety and Mental Health in a Global Climate of Uncertainty
https://www.virusanxiety.com/

Free Guided Meditations
https://www.uclahealth.org/marc/audio

Host a Virtual Netflix Party
https://www.netflixparty.com/

If you have any questions or concerns, please reach out to Brittany Pannell at bpannell@orl.ucla.edu

*Private room available for appointments*