

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.

# ESTABLISHING HEALTHY COMMUNICATION CONTINUED

## 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 YOU'RE 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

# ESTABLISHING HEALTHY BOUNDARIES CONTINUED

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

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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](tel:3108250768).

**National Domestic Violence Hotline**

24/7 hotline: 800-799-7233

If you're unable to speak safely, go to [www.hotline.org](http://www.hotline.org) or text LOVEIS to 22522

# REMEMBER:

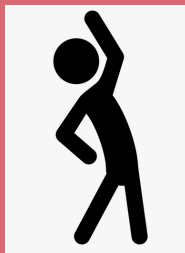
Listening to your body is one of the best things you can do now. Take a few moments to breathe, reflect and slow down during this time of uncertainty and shifting. You have to the tools within yourself to make it to the end. And you are not alone. We are here to help.

# 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.

**COUSELING 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  
(Wednsdays 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](mailto: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](mailto:bpannell@orl.ucla.edu)

\*Private room available for appointments\*