**SUNDAY 02**
- Find a partner to go thru Wellness Experience with! Talk about your favorite activities thus far and make a plan for the rest of the month!
- Take a Faculty to Lunch: Pick up a voucher in the Dean's office and enjoy a meal in the DFC with a faculty member.

**MONDAY 03**
For more activity options visit: wesleyan.edu/weswell

**TUESDAY 04**
- Speed Friending- Join us for dessert & an opportunity to meet new people! 7-8pm, Huss Lawn (under the tent)

**WEDNESDAY 05**
- All-Campus Bystander Intervention Training- empowered bystanders create a safer campus community by stepping in & speaking out. Come learn the skills to move from inaction to action! 630-930pm; register at wesleyan.edu/weswell

**THURSDAY 06**
- Hypnotist, chrisjones- You may have seen him on America's Got Talent hypnotizing Howie Mendel, and now you can see him live at Wes! Join us for a fun filled show! 8-930pm, Huss Lawn (under the tent)

**FRIDAY 07**
- Student Groups Fair- Learn about the 300+ clubs & orgs on campus, there’s guaranteed to be something for everyone! 2-5pm, Huss Lawn (under the tent)
- Trivia Friday- Test your knowledge with hosts, What Trivia & win prizes! 9-11pm, Usdan Cafe

**SATURDAY 08**
- No Phone Day- Can you go all day without your phone? Give it a try (or at least an hour!)
- Reach Out- text, call, write a letter or e-mail, or send a care package to someone in your life to stay connected and keep that connection strong!

**ON YOUR OWN**
- Gratitude Letters- write a letter to someone you know & are grateful to have in your life.
- Relationship Check-List- is your relationship healthy? Concerned about someone else’s? Take the Healthy Relationship Screener at: wesleyan.edu/SACE
Week 1 (Sept 2nd-8th): Social Wellness

- **Gratitude Letters/Notes**—write a letter to someone you know and are grateful to have in your life. Let them know how thankful you are to be connected to them, and maybe some reasons why!
- **Reach out**—text, call, write a letter, draft an e-mail, or send a care package to someone in your life to stay connected and keep that connection strong!
- **Relationship Check-List**—is your relationship healthy? Are you concerned about someone else’s relationship? Take the Healthy Relationship Screener below to find out!
- **Speed Friending: Tuesday September 4th, 7pm-8pm, Huss Lawn.** Join us under the tent for dessert and an opportunity to meet new people. Whether or not you like them they’ll be gone in 60 seconds!
- **Practice Active Listening skills**—really listen openly and non-judgmentally to someone who needs it or the next person you have a conversation with.
- **Unplug & Reconnect:** disconnect from social media for a day (don’t check your apps) and connect with people in person, or connect with yourself in nature, in your dorm room, or with a great book!
- **Move together**—go for a walk with a friend, dance it out in your room, or head to a WesBam class. The schedule can be found [here](#).
- **All Campus Bystander Intervention Training:** Empowered bystanders create a safer campus by standing up and speaking out when they witness situations that could potentially harm the health and safety of others. Intervening with peers can be difficult for a number of reasons and training will provide you with the skills to move from inaction to action and intervene safely and effectively. Training is **Wednesday, September 5th from 630-930pm in Usdan 108. Please register** [here](#).
- **Invite Someone to Coffee:** Find someone on your hall or house that you don’t know that well. Invite them for a cup of coffee in Pi Café.
- **Hypnotist, chrisjones**: **Thursday September 6th, 8pm-9:30pm, Huss Lawn (under the tent).** You may have seen him on America’s Got Talent hypnotizing Howie Mendel, and now you can see him live at Wes! Join us for a fun filled show!
- **No Phone Day:** Can you go all day without your phone? Give it a try (or at least an hour)!
- **Activities Fair:** **Friday September 7th, 2pm-5pm, Huss Lawn (under the tent):** Learn about the 300+ clubs and orgs on campus, guaranteed there’s something for everyone!
- **Take a Faculty to Lunch:** Pick up a voucher in the Dean’s office and enjoy a meal in the DFC with a faculty member.
- **Trivia Friday:** **Friday September 7th, 9pm-11pm, Usdan Cafe:** Test your knowledge with our trivia hosts, What Trivia. There will be special prizes!
- **Find a partner to go through the Wellness Experience with!** Talk about your favorite activities thus far and make a plan for the rest of the month!
# Healthy Relationship Quiz

EVERYONE DESERVES TO BE IN A SAFE AND HEALTHY RELATIONSHIP. DO YOU KNOW IF YOUR RELATIONSHIP IS HEALTHY? ANSWER YES OR NO TO THE FOLLOWING QUESTIONS TO FIND OUT. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU’LL FIND OUT HOW TO SCORE YOUR ANSWERS.

<table>
<thead>
<tr>
<th>THE PERSON I’M WITH</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Is very supportive of things that I do.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>2. Encourages me to try new things.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>3. Likes to listen when I have something on my mind.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>4. Understands that I have my own life too.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>5. Is not liked very well by my friends.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>6. Says I’m too involved in different activities.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>7. Texts me or calls me all the time.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>8. Thinks I spend too much time trying to look nice.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>9. Gets extremely jealous or possessive.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>10. Accuses me of flirting or cheating.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>11. Constantly checks up on me or makes me check in.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>12. Controls what I wear or how I look.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>13. Tries to control what I do and who I see.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>14. Tries to keep me from seeing or talking to my family and friends.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>15. Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>16. Makes me feel nervous or like I’m “walking on eggshells.”</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>17. Puts me down, calls me names or criticizes me.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>18. Makes me feel like I can’t do anything right or blames me for problems.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>19. Makes me feel like no one else would want me.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>20. Threatens to hurt me, my friends or family.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>21. Threatens to hurt themselves because of me.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>22. Threatens to destroy my things (Phone, clothes, laptop, car, etc.).</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>24. Breaks or throws things to intimidate me.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>25. Yells, screams or humiliates me in front of other people.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>26. Pressures or forces me into having sex or going farther than I want to.</td>
<td>O</td>
<td>O</td>
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FOR MORE INFORMATION, VISIT WWW.LOVEISRESPECT.ORG
GIVE YOURSELF ONE POINT FOR EVERY NO YOU ANSWERED TO NUMBERS 1-4, ONE POINT FOR EVERY YES RESPONSE TO NUMBERS 5-8 AND FIVE POINTS FOR EVERY YES TO NUMBERS 9 AND ABOVE.

NOW THAT YOU’RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

- **0pts**: You got a score of zero? Don’t worry -- it’s a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it’s possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting loveisrespect.org.

- **1-2pts**: If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn’t necessarily mean they are warning signs. It’s still a good idea to keep an eye out and make sure there isn’t an unhealthy pattern developing. The best thing to do is to talk to your partner and let them know what you like and don’t like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It’s also good to be informed so you can recognize the different types of abuse.

- **3-4pts**: If you scored five or points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety -- consider making a safety plan. You don’t have to deal with this alone. We can help. Chat with a trained peer advocate to learn about your different options at loveisrespect.org.

- **5pts**: If you scored five or points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety -- consider making a safety plan. You don’t have to deal with this alone. We can help. Chat with a trained peer advocate to learn about your different options at loveisrespect.org.
Platonic Healthy Relationship/Friendship Quiz

Think of a person in your life you are connected to: a friend, a family member, a partner, a peer, a roommate etc. For each of these individuals, your relationship may look different, and yet there are similar key components which make this relationship feel “healthy.”

For this quiz, think of one of these people you have a relationship with and answer the following questions either “Yes” or “No.”

**In this relationship, this person…**

1. Is supportive of my passions, my work, my hobbies, and other aspects of my life.
2. Encourages me to try new things.
3. Listens to me when I need support.
4. Respects my boundaries (physically, emotionally, related to time, or otherwise).
5. Creates opportunities for me to spend time with people other than them.
6. Encourages me to balance my time between the relationship and other aspects of my life.
7. Respects me for who I am and doesn’t try to change me.
8. Is not well-liked by my other friends and/or family.
9. Texts me or calls me constantly, wondering where I am.
10. Accuses me of not being a loyal member of this relationship/family/community.
11. Tells me I should change things about how I look.
12. Makes me check-in with them a lot to update them on what I’m doing.
13. Always tells me that I need to support them, and is never there for me when I need support.
14. Makes me feel bad about myself.
15. Limits my access to my own money and/or controls all of the finances we share responsibility for.
16. Spreads rumors about me.
17. Pressures me to engage in physical touch (i.e. hugging, holding hands, etc.).
18. Blames or shames me when I ask for help or support from them.
19. Makes me feel like I need to change part of who I am and that I can’t be my authentic self.
20. Makes me feel like I am walking on eggshells around them.
21. Yells, belittles, or humiliates me in front of other people.
22. Grabs, pushes, shoves, kicks, punches, slaps or hurts me physically in some other way.
23. Has really big mood swings: they may be yelling at me one minute, and then apologizing to me about it in the next.
24. Tries to control what I do, who I see, and/or how I spend my time.
25. Gets jealous or possessive.
26. Puts me down, calls me names, or criticizes me.
Scoring

Now, it’s time to tally up your answers.

For questions 1-7, tally 1 point for every “No” you answered.

For questions 8-17, tally 1 point for every “Yes” you answered.

Finally, for questions 18-26, tally 2 points for every “Yes” you answered.

If you scored no points, your relationship seems pretty healthy! The most important pieces to a healthy relationship are trust, respect, honesty, communication, equality, and honoring each other’s boundaries. It takes a lot of work to make sure each of these components is present (and that all people in that relationship feel the same). That hard work is all the more worth it when we have happy, healthy, relationships with awesome people in our life!

If you scored 1-10 points, you may be noticing a few things that don’t feel great or that you’ve got some questions about. This isn’t to say that your relationship may be harmful or abusive, there may be some pieces missing from the core components mentioned above. It might be helpful to talk to someone about what you’re feeling, and what your options are for having conversations about your relationship. Consider reaching out to someone in your community of care, a counselor from CAPS to start counseling, staff/student interns at WesWell for information, and/or the SACE Office to explore what other options are available for finding support.

If you scored 10-20, you may be noticing a few more red flags in your relationship. This relationship may be unhealthy and/or abusive. The most important thing is your safety. You deserve to feel safe and comfortable in all of your relationships. Consider reaching out to a counselor from CAPS to start counseling, an advocate at New Horizons (off-campus, community resource), and/or the SACE Office to explore what other options are available for finding support.

If you scored 20-30+, you are most likely in an abusive relationship. This isn’t meant to name your experience, and hopes to serve as an opportunity to connect you to people who can help. If you feel unsafe with this person, help is available to you. Contact folks in the Office of Equity and Inclusion (non-confidential), CAPS (confidential), the SACE Office (confidential), or an advocate at New Horizons (confidential) to think about making a safety plan and learning more about resources.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>09</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
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</table>
| - Check in with Counseling & Psychological Services (CAPS) on Facebook- Get resources on self-compassion guided meditations and exercises from CAPS staff  
- Stop by Student Academic Resources this week (North College) & pick up a handout on taking a growth mindset approach to your studies. Visit: wesleyan.edu/sar for office hours  | - De-Stress w/Tails of Joy- Missing your favorite furry friend? Unwind, relax and unplug with some puppy therapy! 2-4pm, Foss Hill  
- Mindful Action w/ CAPS- Learn about mindfulness-based tools for relaxation. Create your own glitter jar to cultivate mental stillness. 12-2pm, Usdan info tables  | - Coffee w/Johanna- Learn more about options for survivors of interpersonal violence & some tools for emotional self-care. 11am-1pm, Usdan info tables  
- Check in w/CAPS staff on Facebook- Learn tools/resources to develop healthy stress habits.  | - Schedule a Time to Meet w/ Student Academic Resources to create personal positive affirmations based on a ‘growth mindset’: goo.gl/1JEZGF  
- Mindful Eating w/CAPS- Learn tools/resources to practice mindful eating & create your own healthy snack pack to practice! 12-2pm, Usdan info tables  |
| **13**   | **14**   | **15**    |           |
| - Creative Journaling & Self-Care- workshop on taking time to practice reflecting and taking breaks! 1-3pm, Usdan 110  | - Healthy Relationships w/CAPS- learn tools/resources to develop effective interpersonal skills. Take an assessment to explore how well developed your skills are and identify areas for practice & improvement. 12-2pm, Usdan info tables  | - Check in w/CAPS staff on Facebook- Learn tools to develop effective time management tools.  |           |
|           |           |           | On Your Own |
|           |           |           | - Practice Self-Compassion- Complete a self-compassion writing exercise, each day this week. Be kind to yourself: wesleyan.edu/weswell  
- Try Autogenic Relaxation - use this progressive body relaxation meditation a couple times this week. Find a guide to get started at: wesleyan.edu/weswell |

For a full description of activity options visit: wesleyan.edu/weswell
Week 2 (Sept 9th-15th): Emotional Wellness

- Check in with Counseling & Psychological Services (CAPS) staff on Facebook throughout the day to:
  - Sunday, Sept. 9th: Get resources on self-compassion guided meditations and exercises.
  - Tuesday, Sept. 11th: Learn tools/resources to develop healthy stress habits.
  - Saturday, Sept. 15th: Learn tools/resources to develop effective time management tools. Define your priorities, use time efficiently, be productive; create SMART goals.

- **Mindful Action with Counseling & Psychological Services (CAPS)** - Learn about mindfulness-based tools for mindful relaxation. Create your own mindfulness glitter jar to cultivate mental stillness. **Monday, Sept. 10th 11am-1pm, Usdan info tables**

- **De-Stress with Tails of Joy** - Missing your favorite furry friend? Unwind, relax and unplug with some puppy therapy! **Monday, Sept. 10th, 2-4pm, Foss Hill (Rain location: Usdan info tables)**

- **Coffee w/ Johanna**: Learn more about options for survivors of sexual assault, dating violence, sexual harassment, and stalking and some tools for emotional self-care. **Tuesday, Sept. 11th 11am-1pm, Usdan info tables**

- **Mindful Eating with Counseling & Psychological Services (CAPS)** - Learn tools/resources to practice mindful eating - mindful eating involves paying full attention to the experience of eating & drinking, both inside and outside the body. Create your own healthy snack pack to practice mindful eating habits. **Wednesday, Sept. 12th 12-2pm, Usdan info tables**

- **Creative Journaling & Self-Care**: workshop on creative journaling and taking time to practice reflecting and taking breaks! **Thursday, Sept. 13th, 1-3pm, Usdan 110**

- **Healthy Relationships with Counseling & Psychological Services (CAPS)** - Learn tools/resources to develop effective interpersonal skills. Take the interpersonal skills self-assessment to explore how well developed your skills are and identify areas for practice and improvement. **Friday, Sept. 14th, 12-2pm, Usdan info tables**

- **Try Autogenic Relaxation** - use this progressive body relaxation meditation a couple times this week. [Here](#) is a guide to help you

- **Practice Self-Compassion** — Complete one of the self-compassion writing exercises, described [here](#), each day this week. Developing self-compassion helps quiet self-criticism, improves mood/reduces depression and enhances productivity.

- **Schedule a time to meet** with Student Academic Resources to create personal positive affirmations based on a ‘growth mindset’.

- **Stop by Student Academic Resources** and pick up a handout on taking a growth mindset approach to your studies. Open office hours are as follows:

  - **Monday 2 – 3 pm & 5 – 6 pm**
  - **Tuesday 9:30 – 10:30 am & 3 – 4 pm**
  - **Wednesday 1 – 2 pm & 5 – 6 pm**
  - **Thursday 11 am – noon & 4 – 5 pm**
  - **Friday 10 – 11 am & 2-3 pm**
**AUTGENIC RELAXATION**

1. Definition: Self-generating
   a. Tension relieving method that involves repeating short self-hypnotic sentences to yourself
   b. Influences the body to relax by triggering a relaxation response
   c. Useful for “un-stressing”, and for putting self to sleep at night, or back to sleep when wakened, also can be used for seated or walking meditation.
   d. Developed by Dr. J.H. Schultz in the 1930’s in Germany

2. Training script (making a recording of this can be very helpful)
   a. “Breathe deeply, and exhale slowly a few times to get general body relaxation, and then slowly repeat to yourself the following sentences. As you say each sentence, concentrate on that part of your body and visualize or imagine feeling it doing what you are suggesting (without ordering or expecting it to do it).
   b. Repeat each sentence four times:
      i. Legs:
         1. My right foot is peaceful and calm
         2. My right lower leg is peaceful and calm
         3. My right thigh is peaceful and calm
         4. My left foot is peaceful and calm
         5. My left lower leg is peaceful and calm
         6. My left thigh is peaceful and calm
         7. Both legs are peaceful and calm
      ii. Arms:
         1. My right hand is peaceful and calm
         2. My right forearm is peaceful and calm
         3. My right upper arm is peaceful and calm
         4. My left hand is peaceful and calm
         5. My left forearm is peaceful and calm
         6. My left upper arm is peaceful and calm
         7. Both arms are peaceful and calm
      iii. Body:
         1. My heartbeat is calm and regular
         2. My body breathes itself
         3. My abdomen is warm
         4. My back is loose and relaxed
         5. My shoulders and neck are loose and relaxed
         6. My jaw muscles are loose and relaxed
         7. My tongue rests lightly on the roof of my mouth
         8. My forehead is cool and relaxed

3. If the goal of the session is simply un-stressing rather than falling asleep, a “canceling sentence” is very important for bringing yourself back to the active state: “Arms firm, breathe deeply, inner smile, open eyes.”

4. When entire sequence needs to be done in under 5 minutes, it can be abbreviated into: “My arms and legs are warm and heavy... heartbeat calm and regular... my body breathes itself...my abdomen is warm... my forehead is cool…” plus the canceling sentence.

5. When dealing with a specific area of pain or dysfunction, you can add additional specific auto suggestions of your own devising such as: “My head is relaxed and quiet,” or “My elbow is loose and relaxed”, etc. They can be repeated extra times after every 2 or 3 of the regular sentences.

*Adapted from Bresler, D, Free Yourself from Pain: UCLA press 1974*