

MENTAL HEALTH & WELLNESS

February 2026 Bulletin



HEALTHY RELATIONSHIPS:

Healthy Relationship Behaviors

RESPECT Each person's beliefs are valued and they are admired for who they are	TRUST There is a shared belief that you won't harm one another	COMMUNICATION You talk with each other candidly and feel safe resolving disagreements
EQUITY Each person freely and justly commits to the relationship's success	INDEPENDENCE You expect one another to take space outside of the relationship to be yourselves	KINDNESS There is mutual consideration, warmth, and support
FUN You feel good with each other and enjoy spending time together	PACE There is mutual comfort with the flow of the relationship's progression	RESPONSIBILITY Each person is accountable to their words and actions

Unhealthy or Abusive Relationship Behaviors

POSSESSIVENESS Overt or underhanded jealous attempts to control how you may behave or interact with others	IRRESPONSIBILITY Makes excuses or blames you for their harmful actions; it is your responsibility to maintain their mood	MANIPULATION Attempts at controlling your beliefs or choices often involving dishonesty or distorting reality
INTENSITY Expresses extreme or overwhelming feelings or actions; pace of relationship is troubling	DISRESPECT Mistreatment; attempts at sabotage; makes you feel badly about yourself or your values	INSTABILITY Reactions are unpredictable, making you feel confused or afraid; withholds affection as a form of punishment

VISIT US AT:

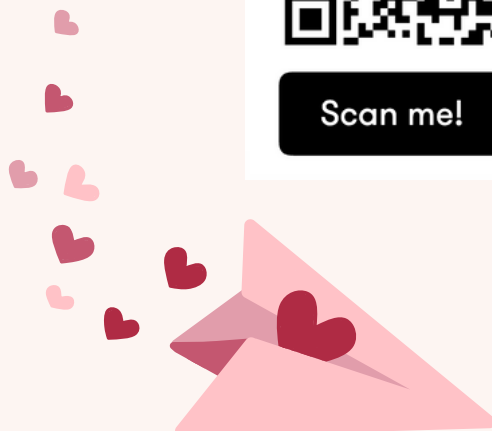


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HOW TO HELP:

FOSTER SELF-LOVE & SELF ESTEEM:

- ENCOURAGE AND MODEL SELF-COMPASSION AND LOVE
- PRACTICE POSITIVE SELF-TALK
- MODEL HEALTHY BOUNDARIES
- CREATE A SUPPORTIVE ENVIRONMENT
- FOCUS ON PROCESS OVER OUTCOME
- MAINTAIN HEALTHY PHYSICAL HEALTH
- MANAGE SOCIAL MEDIA HYGIENE



SALUD MENTAL Y BIENESTAR

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RELACIONES SALUDABLES:

✓ Conductas de una Relación Saludable	✗ Conductas de una Relación Tóxica
✓ Comunicación abierta	✗ Control y celos
✓ Respeto mutuo	✗ Manipulación y mentiras
✓ Confianza y apoyo	✗ Aislamiento
✓ Establecer límites sanos	✗ Insultos y humillaciones
✓ Resolución de conflictos de manera positiva	✗ Amenazas e intimidación

VISITANOS:

COMO AYUDAR:

FOMENTA EL AMOR PROPIO Y LA AUTOESTIMA:

- FOMENTA Y PRACTICA LA AUTOCOMPASIÓN Y EL AMOR PROPIO.
- PRACTICA EL DIÁLOGO INTERNO POSITIVO.
- ESTABLECE LÍMITES SALUDABLES.
- CREA UN ENTORNO DE APOYO.
- CONCÉNTRATE EN EL PROCESO, NO SOLO EN EL RESULTADO.
- MANTÉN UNA BUENA SALUD FÍSICA.
- GESTIONA EL USO DE LAS REDES SOCIALES DE FORMA SALUDABLE.



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