



BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

•••• *Wellness Tips* ••••



RELATIONSHIPS



BOSTON COLLEGE
Division of Student Affairs

CENTER FOR STUDENT WELLNESS

TOP 10 TIPS

1. Do or say something daily to show your appreciation for others

6. Stay honest with yourself and others

2. Be inclusive and proactive in helping others feel included

7. Practice positive communication, using “I statements” to address conflict

3. Be an active bystander and intervene when you witness concerning or offensive behaviors

8. Be an active listener by offering others your undivided attention and showing empathy

4. Set boundaries and know your dealmakers and deal breakers

9. Unplug from technology and social media to reduce feelings of loneliness and comparison

5. Establish a solid support system, don't rely on one person to meet every need

10. Reach out for support, UCS is a great resource