

Center for Student Wellness and Counseling Services

January 2019
Issue 1
Volume 1



THE WHALE WATCH

"Looking Out for Yourself and Others"

Welcome to the inaugural issue of "The Whale Watch". Our hope is for you to benefit from the information provided in this periodic newsletter.

Did you know...we develop our outreach programming specific to student needs relative to the NEOMED student community. Whether it is through special event planning, speakers, lunch workshops, emails, newsletters, or any other informational resources we send to you, they are all based on our four foundational elements.



Today, we present to you, information on boundaries from our Social Being element. Read further for our information on "Saying No and Accepting No!"

In This Issue

*Saying No/Accepting No
Setting and accepting
Boundaries*

*Focusing on Foundational
Elements of Social Being and
Distress Tolerance, Positive
Talk, and Problem Solving*

We all Share Social Needs...

We want others to have reasonable or good thoughts about us as often as possible.

We worry that others do not like us.

We all tend to focus on trying to make those around us feel OK, even when we don't plan to interact.

We all have to be aware that people try to read our intentions, but we cannot be sure they are reading them accurately. We need to monitor how others are thinking to ensure we are having reasonable reciprocal thoughts about each other.

We all often have to monitor and possibly adjust our behavior to make it more likely people are reading our intentions the way we want them to be read. (i.e. we may be interested in getting to know someone, but we don't want them to feel we are overly obsessed with them.)



Different Types of Boundaries

**No
Boundaries**

No Boundaries: Not able to recognize when you are being taken advantage of, sharing too much with other people, doing things for others in order to be liked

**Rigid
Boundaries**

Rigid Boundaries: Keeping others at a distance, feelings of loneliness and fearful of getting hurt by others, others too afraid to approach you

**Damaged
Boundaries**

Damaged Boundaries: When boundaries are not consistent and sustainable. They may alternate between being nonexistent and rigid which can be confusing to others to know when to respect your boundaries

**Healthy
Boundaries**

Healthy Boundaries: Focusing on self-care as a priority, setting limits for the things you are willing to do, reaching out to support people or supportive resources to alleviate stress load

What does Oprah have to say about that?

[3 Boundaries You Must Set in Every Relationship](#)

Describe the situation

Express your feelings

Assert yourself by asking for what you want or by saying no

Reinforce the positive effects of your request

Be **Mindful** of your goals and do not get distracted or by getting off topic

Appear Confident effective and competent

Negotiate and be willing to give to get what you want

Communicating Your Needs and Requests to Others

Dear Man,

DESCRIBE

EXPRESS

ASSERT

REINFORCE

MINDFUL

APPEAR CONFIDENT

NEGOTIATE

How to get what you want

Example:

"I appreciate you asking me to participate in this special project. However, I am currently feeling overwhelmed (**Express feelings**) as I have been over-extending myself (**Describe**). I feel I must say "No" to this project (**Assert**). This project deserves a student that is capable to make the appropriate time commitment, which I am currently unable to fulfill (**Reinforce**). Thank you again for your consideration (**Mindful**). I would consider doing a project like this during the summer if one becomes available (**Confident/Negotiate**)."

“We may have difficulty saying ‘no’ to others’ requests or have difficulty accepting ‘no’ from others.”

Techniques to Saying “No” to Others

Directly Say ‘No’: When someone asks you to do something you don't want to do, just say 'no'. The aim is to say **no without apologizing**. You do not always have to solve another person's problem.

Reflect ‘No’: **Validate the person's need/request** and then say “no”. “I know you would like me to present at the upcoming conference, but I cannot attend.

Reasoned ‘No’: In this technique you give a **very brief and genuine reason** for why you are saying “No”. For example: “I can't have lunch with you because I have a report that needs to be finished by tomorrow”.

The Raincheck ‘No’: This is not a definite “No”. It is a way of saying “No” to the request now but **leaves room for saying “Yes” in the future**. Only use it if you genuinely want to meet the request. For example: “I can't have lunch with you today, but I could make it sometime next week”.

The Inquiring ‘No’: As with the raincheck “No” this is **not a definite “No”**. It is a way of opening up the request to see if there is another way it could be met. For example: “Is there any other time you'd like to go?”

The Broken Record ‘No’. This can be used in a wide range of situations. You just **repeat the simple statement of refusal** over and over again. No explanation; just repeat it. It is particularly good for persistent requests.



“Accepting No” from Others:

Sometimes hearing “No” from others is hard to accept, especially when you feel someone is sending “mixed messages”. However, we must always respect when someone says “no” to a request no matter what it is, because there could be multiple reasons why they are giving you that response. It is the other person's responsibility in healthy communication to tell you if they change their mind or feel that they owe you an explanation. You must respect the boundary that the other person has made even if you do not agree or suspect that they feel otherwise.

Contact Us

The Center for Student Wellness and Counseling Services is in the Summa Physician Suite behind Ritzman Pharmacy in the NEW Center.

Students seeking non-urgent crisis counseling may call 330.325.6757 or email counseling@neomed.edu for an appointment.

Students seeking immediate crisis counseling may walk in anytime during normal business hours 8 a.m. to 5 p.m. M-F or call 330.325.6757 and follow the prompts to speak to a counselor.

If you are experiencing an emotional or psychiatric crisis and are unable to reach a NEOMED counselor, please contact local or national Community Crisis Resources:

National Suicide Hotline: 800.273.8255

Crisis Text Line: 741-741

Coleman Professional Services 330.296.3555

The Center for Student Wellness and Counseling Services is dedicated to advancing the health and wellness of our students by providing an environment that promotes healthy lifestyles.

We're here to help! Our center provides free and confidential counseling services for stress, depression, sexual assault, time management, suicidal thoughts and a range of other concerns for all NEOMED students.

