





Close Quarters

LUC Wellness Fair - 2020
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What has been the hardest part of family life since the pandemic began?

What are you 2 biggest stressors at home?



Boundaries are the physical and emotional distinctions between you and another person (or group). Your need for space (mental, emotional, sexual) is valid and part of what makes you unique. Healthy boundaries are vital to well-being because they represent the intersection of where you begin and another person ends.



How would you describe your personal boundaries, in general?

How have your boundaries changed since you became a student at LUC?


How would you describe your family's boundaries, in general?



Family Roles and Family Rules


Q: What role do you tend to play in your family system when you are all together in one place?

Q: How does this role change when you are away at school?



Q: What are some of your family unit's rules or expectations for you? What expectations do you have for others? Have any of these rules changed since you began college?


Q: Are there any specific rules that you never used to bother you that you now find irritating?



Role Conflict - differences of opinion or perspective between 2 or more members,

Role confusion – when someone is unclear about their current role in the family (often due to a recent life transition), or

Role strain – when a member feels overwhelmed by multiple roles or unable to fulfill others' expectations



Q: Is role conflict, role confusion, or role strain (or some combination of these) your primary experience since transitioning back home from LUC?

Q: How much of this is due to your relationships with family members versus how much of it is due to needing to shelter in place?

Skills - 'I statements'

'I' Statements are clear, direct statements that help you communicate your personal feelings and desires to others.

1) I feel _____
(state feeling)

2) when you _____
(state observation)

3) because _____ .
(state need)

I would prefer that you/we _____ . (optional - state preference)



Communication Styles

Passive style – respecting others' needs without respecting your own needs

Aggressive style – respecting your needs without respecting others' needs.

Passive-aggressive style – Not saying what you really mean/feel until it is too late, or saying it in a way that harms others or yourself (e.g. sarcasm, gossip)

Assertive style – respecting your needs and respecting the needs of others



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Communication Styles

Q: What is your main communication style? What, if anything, would you like to change about your style?

Q: What is the main communication style of the people you currently live with?



Skills - Interpersonal Effectiveness

'DEAR MAN' Technique, which is an acronym that stands for:

D – Describe

E - Express

A – Assert

R – Reinforce

M – Mindful

A – Assertive

N- Negotiate



Skills - Radical Acceptance

- Acknowledges/describes what is
- Not the same as agreement
- Allows you to stop fighting reality and put your energy in more effective areas (self care)
- Is a process, sometimes one needs to use this many times an hour or day

When to reach out to the Wellness Center for support:

If you start to notice any of the following feelings or issues as a result of family stress, we strongly recommend that you contact the Wellness Center at 773-508-2530 for additional support:

- High anxiety, including panic attacks
- Frequent irritability and angry outbursts towards others
- Feeling unsafe, exposure to trauma/abuse
- Difficulty sleeping (including falling asleep)
- Increased use of alcohol or other drugs to cope
- Excessive rumination/overthinking
- Hopelessness, low motivation
- Suicidal Ideation

