|  | <!DOCTYPE html> |
| --- | --- |
|  | <html lang="en" dir="ltr"> |
|  | <head> |
|  | <meta charset="utf-8" /> |
|  | <script async src="<https://www.googletagmanager.com/gtag/js?id=UA-1254336-5>"></script> |
|  | <script>window.dataLayer = window.dataLayer || [];function gtag(){dataLayer.push(arguments)};gtag("js", new Date());gtag("set", "developer\_id.dMDhkMT", true);gtag("config", "UA-1254336-5", {"groups":"default","anonymize\_ip":true,"page\_placeholder":"PLACEHOLDER\_page\_path"});gtag("config", "G-2P4EJPSFWK", {"groups":"default","page\_placeholder":"PLACEHOLDER\_page\_location"});</script> |
|  | <link rel="canonical" href="<https://counseling.uoregon.edu/be-well-blog>" /> |
|  | <meta name="Generator" content="Drupal 10 (https://www.drupal.org)" /> |
|  | <meta name="MobileOptimized" content="width" /> |
|  | <meta name="HandheldFriendly" content="true" /> |
|  | <meta name="viewport" content="width=device-width, initial-scale=1.0" /> |
|  | <meta name="msapplication-config" content="/modules/contrib/uo\_core/browserconfig.xml" /> |
|  | <link rel="icon" href="[/themes/contrib/uo\_cosmic\_theme/favicon.ico](https://counseling.uoregon.edu/themes/contrib/uo_cosmic_theme/favicon.ico)" type="image/vnd.microsoft.icon" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-32x32.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-32x32.png)" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-16x16.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-16x16.png)" /> |
|  | <link rel="apple-touch-icon" sizes="180x180" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/apple-touch-icon.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/apple-touch-icon.png)" /> |
|  | <link rel="manifest" href="[/modules/contrib/uo\_core/manifest.json](https://counseling.uoregon.edu/modules/contrib/uo_core/manifest.json)" /> |
|  |  |
|  | <title>Be Well Blog | Counseling Services</title> |
|  | <meta name="theme-color" content="#154733"> |
|  | <meta name="msapplication-navbutton-color" content="#154733"> |
|  | <meta name="apple-mobile-web-app-status-bar-style" content="#154733"> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_2ULdecmtcySC3PGduKzzXvFmNGCvcBYgQU-Xs4y29Nc.css?delta=0&amp;language=en&amp;theme=cosmic&amp;include=eJxtj9FuwyAMRX8ohE-KHLhN6TBGXGjaff26tFs1aS-WfXRsXQuJvqRyQejWfCDnNdu2sN8zOPHODvWrEFMwagp\_egUp28ML1uCLNZWcPjENWw5ystKd7KDpGw5zO1YXwbQVd2qi2K19uGBaM\_ohPlLpr\_09\_L9yZKnSZGtSz\_SxjSp5fpN5lDrWnHhG\_AldLGK6Juz0R53V4sh4\_vC6IBe5fQHvt22S](https://counseling.uoregon.edu/sites/default/files/css/css_2ULdecmtcySC3PGduKzzXvFmNGCvcBYgQU-Xs4y29Nc.css?delta=0&language=en&theme=cosmic&include=eJxtj9FuwyAMRX8ohE-KHLhN6TBGXGjaff26tFs1aS-WfXRsXQuJvqRyQejWfCDnNdu2sN8zOPHODvWrEFMwagp_egUp28ML1uCLNZWcPjENWw5ystKd7KDpGw5zO1YXwbQVd2qi2K19uGBaM_ohPlLpr_09_L9yZKnSZGtSz_SxjSp5fpN5lDrWnHhG_AldLGK6Juz0R53V4sh4_vC6IBe5fQHvt22S)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/css/styles-drupal8.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_bysJozii5NsVZU-PYVLAo-WLkar4tEvkUFlzWk1EF1Y.css?delta=2&amp;language=en&amp;theme=cosmic&amp;include=eJxtj9FuwyAMRX8ohE-KHLhN6TBGXGjaff26tFs1aS-WfXRsXQuJvqRyQejWfCDnNdu2sN8zOPHODvWrEFMwagp\_egUp28ML1uCLNZWcPjENWw5ystKd7KDpGw5zO1YXwbQVd2qi2K19uGBaM\_ohPlLpr\_09\_L9yZKnSZGtSz\_SxjSp5fpN5lDrWnHhG\_AldLGK6Juz0R53V4sh4\_vC6IBe5fQHvt22S](https://counseling.uoregon.edu/sites/default/files/css/css_bysJozii5NsVZU-PYVLAo-WLkar4tEvkUFlzWk1EF1Y.css?delta=2&language=en&theme=cosmic&include=eJxtj9FuwyAMRX8ohE-KHLhN6TBGXGjaff26tFs1aS-WfXRsXQuJvqRyQejWfCDnNdu2sN8zOPHODvWrEFMwagp_egUp28ML1uCLNZWcPjENWw5ystKd7KDpGw5zO1YXwbQVd2qi2K19uGBaM_ohPlLpr_09_L9yZKnSZGtSz_SxjSp5fpN5lDrWnHhG_AldLGK6Juz0R53V4sh4_vC6IBe5fQHvt22S)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Universal/stable-assets/fontawesome-free-6.5.1-web/css/all.min.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_S5tPliLOKTD5rI\_s4QWq1ayPcZep651aFL4KfWVK2DQ.css?delta=4&amp;language=en&amp;theme=cosmic&amp;include=eJxtj9FuwyAMRX8ohE-KHLhN6TBGXGjaff26tFs1aS-WfXRsXQuJvqRyQejWfCDnNdu2sN8zOPHODvWrEFMwagp\_egUp28ML1uCLNZWcPjENWw5ystKd7KDpGw5zO1YXwbQVd2qi2K19uGBaM\_ohPlLpr\_09\_L9yZKnSZGtSz\_SxjSp5fpN5lDrWnHhG\_AldLGK6Juz0R53V4sh4\_vC6IBe5fQHvt22S](https://counseling.uoregon.edu/sites/default/files/css/css_S5tPliLOKTD5rI_s4QWq1ayPcZep651aFL4KfWVK2DQ.css?delta=4&language=en&theme=cosmic&include=eJxtj9FuwyAMRX8ohE-KHLhN6TBGXGjaff26tFs1aS-WfXRsXQuJvqRyQejWfCDnNdu2sN8zOPHODvWrEFMwagp_egUp28ML1uCLNZWcPjENWw5ystKd7KDpGw5zO1YXwbQVd2qi2K19uGBaM_ohPlLpr_09_L9yZKnSZGtSz_SxjSp5fpN5lDrWnHhG_AldLGK6Juz0R53V4sh4_vC6IBe5fQHvt22S)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_zEQqeGwnOGIOu8wID6bVGD4-QzKaMjQn8JQhCEVCKu4.css?delta=5&amp;language=en&amp;theme=cosmic&amp;include=eJxtj9FuwyAMRX8ohE-KHLhN6TBGXGjaff26tFs1aS-WfXRsXQuJvqRyQejWfCDnNdu2sN8zOPHODvWrEFMwagp\_egUp28ML1uCLNZWcPjENWw5ystKd7KDpGw5zO1YXwbQVd2qi2K19uGBaM\_ohPlLpr\_09\_L9yZKnSZGtSz\_SxjSp5fpN5lDrWnHhG\_AldLGK6Juz0R53V4sh4\_vC6IBe5fQHvt22S](https://counseling.uoregon.edu/sites/default/files/css/css_zEQqeGwnOGIOu8wID6bVGD4-QzKaMjQn8JQhCEVCKu4.css?delta=5&language=en&theme=cosmic&include=eJxtj9FuwyAMRX8ohE-KHLhN6TBGXGjaff26tFs1aS-WfXRsXQuJvqRyQejWfCDnNdu2sN8zOPHODvWrEFMwagp_egUp28ML1uCLNZWcPjENWw5ystKd7KDpGw5zO1YXwbQVd2qi2K19uGBaM_ohPlLpr_09_L9yZKnSZGtSz_SxjSp5fpN5lDrWnHhG_AldLGK6Juz0R53V4sh4_vC6IBe5fQHvt22S)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_ban2avpYlfL92mFR8p74hFHi\_gSWEoI5cefiFXVjjm8.css?delta=6&amp;language=en&amp;theme=cosmic&amp;include=eJxtj9FuwyAMRX8ohE-KHLhN6TBGXGjaff26tFs1aS-WfXRsXQuJvqRyQejWfCDnNdu2sN8zOPHODvWrEFMwagp\_egUp28ML1uCLNZWcPjENWw5ystKd7KDpGw5zO1YXwbQVd2qi2K19uGBaM\_ohPlLpr\_09\_L9yZKnSZGtSz\_SxjSp5fpN5lDrWnHhG\_AldLGK6Juz0R53V4sh4\_vC6IBe5fQHvt22S](https://counseling.uoregon.edu/sites/default/files/css/css_ban2avpYlfL92mFR8p74hFHi_gSWEoI5cefiFXVjjm8.css?delta=6&language=en&theme=cosmic&include=eJxtj9FuwyAMRX8ohE-KHLhN6TBGXGjaff26tFs1aS-WfXRsXQuJvqRyQejWfCDnNdu2sN8zOPHODvWrEFMwagp_egUp28ML1uCLNZWcPjENWw5ystKd7KDpGw5zO1YXwbQVd2qi2K19uGBaM_ohPlLpr_09_L9yZKnSZGtSz_SxjSp5fpN5lDrWnHhG_AldLGK6Juz0R53V4sh4_vC6IBe5fQHvt22S)" /> |
|  |  |
|  | <script src="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/js/uowdf-init.js>"></script> |
|  |  |
|  | </head> |
|  | <body class="licensed-fonts-enabled menupull-right path-node page-node-type-marketing-page uowdf--mobile-menu drupal-8"> |
|  | <a href="[#main-content](https://counseling.uoregon.edu/be-well-blog#main-content)" class="visually-hidden focusable skip-link"> |
|  | Skip to main content |
|  | </a> |
|  |  |
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|  |  |
|  |  |
|  | <div class="uoheader uowdf-search-dialog--enabled"> |
|  | <div class="uoheader\_\_container" style="max-width: px;"> |
|  |  |
|  | <div class="uoheader\_\_logo-container"> |
|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)" rel="home"> |
|  | <img src="[/modules/contrib/uo\_core/uo-web-design-framework/images/uo-logo.svg](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/uo-logo.svg)" alt="University of Oregon" /> |
|  | </a> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_links-container"> |
|  | <div class="uoheader\_\_links-background"> |
|  | <nav id="banner-links"> |
|  | <ul class="uoheader\_\_links"> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://google.com](https://google.com/)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </nav> |
|  | <div class="uoheader\_\_search"> |
|  | <a class="uoheader\_\_search\_\_button" id="uobanner-search" href="[/search](https://counseling.uoregon.edu/search)">Search</a> |
|  | </div> |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uowdf-search-dialog" role="search"> |
|  | <button class="uowdf-search-dialog\_\_close" id="seach-close-button" aria-label="Close Search"></button> |
|  | <div class="uowdf-search-dialog\_\_search-region"> |
|  | <div class="search-block-form block block-search container-inline" data-drupal-selector="search-block-form" id="block-cosmic-search" role="search"> |
|  |  |
|  | <h2>Search this site</h2> |
|  |  |
|  | <form action="/search/node" method="get" id="search-block-form" accept-charset="UTF-8"> |
|  | <div class="js-form-item form-item js-form-type-search form-type-search js-form-item-keys form-item-keys form-no-label"> |
|  | <label for="edit-keys" class="visually-hidden">Search</label> |
|  | <input title="Enter the terms you wish to search for." data-drupal-selector="edit-keys" type="search" id="edit-keys" name="keys" value="" size="15" maxlength="128" class="form-search" /> |
|  |  |
|  | </div> |
|  | <div data-drupal-selector="edit-actions" class="form-actions js-form-wrapper form-wrapper" id="edit-actions"><input data-drupal-selector="edit-submit" type="submit" id="edit-submit" value="Search" class="button js-form-submit form-submit" /> |
|  | </div> |
|  |  |
|  | </form> |
|  |  |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_mobile"> |
|  | <a class="uowdf-mobile-search-button" id="uowdf-mobile-search-button" href="[/search](https://counseling.uoregon.edu/search)">Search</a> |
|  | <button class="uowdf-mobile-menu\_\_button\_\_new" id="uowdf-mobile-menu\_\_button" aria-label="Navigation" aria-expanded="false" aria-haspopup="true" aria-controls="uobanner-sidebar"> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-1"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-2"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-3"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_text">Menu</div> |
|  | </button> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  | <div class="uowdf-mobile-menu\_\_container"> |
|  | <div class="uowdf-mobile-menu" id="uowdf-mobile-menu" data-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="uowdf-mobile-menu\_\_title">Counseling Services Menu</h1> |
|  | <nav class="uowdf-mobile-menu\_\_menu uowdf-mobile-menu--accordions"> |
|  | <ul class="uowdf-mobile-menu\_\_list" id="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Therapy and Services</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="1" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/services](https://counseling.uoregon.edu/services)" title="Learn more about Counseling and Self-Support options at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/2">Therapy and Services Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/getting-started](https://counseling.uoregon.edu/getting-started)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/222">Getting Started</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/individual-therapy](https://counseling.uoregon.edu/individual-therapy)" title="Learn more about Individual Therapy options available at the University of Oregon" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/7">Individual Therapy</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Groups</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="12" data-parent-menu-id="1"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/group-therapy](https://counseling.uoregon.edu/group-therapy)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/29">Groups Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/group-therapy-faq](https://counseling.uoregon.edu/group-therapy-faq)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/28">Group Therapy FAQ</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/groups-offered](https://counseling.uoregon.edu/groups-offered)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/27">Groups Offered</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/11">Crisis Support</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/letstalk](https://counseling.uoregon.edu/letstalk)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/221">Let’s Talk</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://health.uoregon.edu/psychiatry>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Psychiatry</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/referralscase-management](https://counseling.uoregon.edu/referralscase-management)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/30">Referrals</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/substance-use](https://counseling.uoregon.edu/substance-use)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/247">Substance Use</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Events and Workshops</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="2" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/outreach](https://counseling.uoregon.edu/outreach)" title="Learn more about Outreach programs at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/3">Events and Workshops Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/campaigns](https://counseling.uoregon.edu/campaigns)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/230">Wellness Campaigns</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/suicide-prevention](https://counseling.uoregon.edu/suicide-prevention)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/145">Suicide Prevention</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/mham](https://counseling.uoregon.edu/mham)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/295">Mental Health Awareness Month</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Support a Student</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="3" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/support](https://counseling.uoregon.edu/support)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/229">Support a Student Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/helping-friend](https://counseling.uoregon.edu/helping-friend)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/32">Helping a Friend</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faculty-staff-resources](https://counseling.uoregon.edu/faculty-staff-resources)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/125">Faculty and Staff</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Parents and Families</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="34" data-parent-menu-id="3"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/parentsandfamilies](https://counseling.uoregon.edu/parentsandfamilies)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/252">Parents and Families Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/how-families-can-support-students](https://counseling.uoregon.edu/how-families-can-support-students)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/269">How Families Can Support Students</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item active-trail has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Self-Care</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="4" data-parent-menu-id="0"> |
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|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/selfcare](https://counseling.uoregon.edu/selfcare)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/232">Self-Care Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/concerns](https://counseling.uoregon.edu/concerns)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/117">Common Concerns</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/copingstrategies](https://counseling.uoregon.edu/copingstrategies)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/225">Coping Strategies</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/well-being-tools](https://counseling.uoregon.edu/well-being-tools)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/251">Well-being Tools</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Be Well Blog</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="45" data-parent-menu-id="4"> |
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|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/be-well-blog](https://counseling.uoregon.edu/be-well-blog)" class="uowdf-mobile-menu\_\_link is-active" data-drupal-link-system-path="node/34" aria-current="page">Be Well Blog Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/celebrating-women%E2%80%99s-history-month-ladies-psychology](https://counseling.uoregon.edu/celebrating-women%E2%80%99s-history-month-ladies-psychology)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/294">Celebrating Women’s History Month: The Ladies of Psychology</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/dating-and-relationship-non-negotiables](https://counseling.uoregon.edu/dating-and-relationship-non-negotiables)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/293">Dating and Relationship Non-negotiables</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/effectively-managing-emotions-during-stressful-times](https://counseling.uoregon.edu/effectively-managing-emotions-during-stressful-times)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/297">Effectively Managing Emotions During Stressful Times</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/maintaining-mental-wellness-while-studying-abroad](https://counseling.uoregon.edu/maintaining-mental-wellness-while-studying-abroad)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/298">Maintaining Mental Wellness While Studying Abroad</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://dos.uoregon.edu/recovery>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Collegiate Recovery Center</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">APA Doctoral Internship</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="5" data-parent-menu-id="0"> |
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|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/internship](https://counseling.uoregon.edu/internship)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/8">APA Doctoral Internship Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">About Us</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="56" data-parent-menu-id="5"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/aboutus](https://counseling.uoregon.edu/aboutus)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/91">About Us Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/apa-team](https://counseling.uoregon.edu/apa-team)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/105">APA Team</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/service](https://counseling.uoregon.edu/service)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/98">Service and Administrative Activities</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/training](https://counseling.uoregon.edu/training)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/93">Training Activities</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/application](https://counseling.uoregon.edu/application)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/24">Application Information</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faq](https://counseling.uoregon.edu/faq)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/21">FAQ</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">About</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="6" data-parent-menu-id="0"> |
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|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/about](https://counseling.uoregon.edu/about)" title="Learn more about Counseling Services at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/5">About Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/confidentiality-and-privacy-policy](https://counseling.uoregon.edu/confidentiality-and-privacy-policy)" title="Learn more about the Counseling Center’s Confidentiality and Privacy Policy." class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/6">Confidentiality and Privacy Policy</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/documentation-requests](https://counseling.uoregon.edu/documentation-requests)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/19">Documentation</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/team](https://counseling.uoregon.edu/team)" title="Learn more about the Counseling Services Staff" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="team">Our Team</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/practicum](https://counseling.uoregon.edu/practicum)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/20">Practicum Program</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sab](https://counseling.uoregon.edu/sab)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/22">Student Advisory Board</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/commitment-multiculturalism](https://counseling.uoregon.edu/commitment-multiculturalism)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/55">Diversity</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" title="Get help now." class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Get Help Now</a> |
|  | </li> |
|  | </ul> |
|  |  |
|  | </nav> |
|  |  |
|  | <div class="uowdf-mobile-menu\_\_secondary-menus"> |
|  |  |
|  | <nav class="utility-nav collapse-menu collapse-menu--collapsed context--foreground-light" id="uowdf-mobile-menu\_\_utility-links"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Take Action</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="99999999"> |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://google.com](https://google.com/)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  | </nav> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="dialog-off-canvas-main-canvas" data-off-canvas-main-canvas> |
|  | <div class="page"> |
|  |  |
|  | <header class="site-header" role="banner"> |
|  | <div class="site-header\_\_content"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <h2 class="site-header\_\_site-name" id="site-name"> |
|  | <a href="[/](https://counseling.uoregon.edu/)" title="Counseling ServicesHome" class="site-header\_\_site-link" rel="home"><span>Counseling Services</span></a> |
|  | </h2> |
|  |  |
|  | <a href="[https://health.uoregon.edu](https://health.uoregon.edu/)" class="site-header\_\_site-title-after-link"> |
|  | <div class="site-header\_\_site-title-after site-header\_\_site-subtitle" id="site-title-after">University Health Services</div> |
|  | </a> |
|  |  |
|  | </div> |
|  |  |
|  | </header> <div id="stickynav-waypoint"></div> |
|  |  |
|  | <div class="navigation-bar"> |
|  | <div class="region region-primary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-cosmic-main-menu-menu" id="block-cosmic-main-menu" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-cosmic-main-menu-menu">Main navigation</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/services](https://counseling.uoregon.edu/services)" title="Learn more about Counseling and Self-Support options at the University of Oregon" data-drupal-link-system-path="node/2">Therapy and Services</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/outreach](https://counseling.uoregon.edu/outreach)" title="Learn more about Outreach programs at the University of Oregon" data-drupal-link-system-path="node/3">Events and Workshops</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/support](https://counseling.uoregon.edu/support)" data-drupal-link-system-path="node/229">Support a Student</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--active-trail menu-item--depth-0"> |
|  | <a href="[/selfcare](https://counseling.uoregon.edu/selfcare)" data-drupal-link-system-path="node/232">Self-Care</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/internship](https://counseling.uoregon.edu/internship)" data-drupal-link-system-path="node/8">APA Doctoral Internship</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/about](https://counseling.uoregon.edu/about)" title="Learn more about Counseling Services at the University of Oregon" data-drupal-link-system-path="node/5">About</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" title="Get help now.">Get Help Now</a> |
|  | </li> |
|  | </ul> |
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|  | </nav> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  | <div class="region region-secondary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-mainmenu-menu" id="block-mainmenu" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-mainmenu-menu">Secondary Menu</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/concerns](https://counseling.uoregon.edu/concerns)" data-drupal-link-system-path="node/117">Common Concerns</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/copingstrategies](https://counseling.uoregon.edu/copingstrategies)" data-drupal-link-system-path="node/225">Coping Strategies</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/well-being-tools](https://counseling.uoregon.edu/well-being-tools)" data-drupal-link-system-path="node/251">Well-being Tools</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--active-trail menu-item--depth-0"> |
|  | <a href="[/be-well-blog](https://counseling.uoregon.edu/be-well-blog)" data-drupal-link-system-path="node/34" class="is-active" aria-current="page">Be Well Blog</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="<https://dos.uoregon.edu/recovery>">Collegiate Recovery Center</a> |
|  | </li> |
|  | </ul> |
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|  | </nav> |
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|  | </div> |
|  |  |
|  | </div> |
|  |  |
|  | <main role="main"> |
|  | <a id="main-content" tabindex="-1"></a> |
|  | <div class="region region-highlighted"> |
|  | <div data-drupal-messages-fallback class="hidden"></div> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  |  |
|  |  |
|  | <div class="layout"> |
|  | <div class="layout\_\_content"> |
|  |  |
|  | <div class="region region-content"> |
|  | <div id="block-cosmic-page-title" class="block block-core block-page-title-block"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="page-title"><span class="field field--name-title field--type-string field--label-hidden">Be Well Blog</span> |
|  | </h1> |
|  |  |
|  |  |
|  | </div> |
|  | <div id="block-cosmic-content" class="block block-system block-system-main-block"> |
|  |  |
|  |  |
|  |  |
|  | <article class="node node--type-marketing-page node--view-mode-full"> |
|  |  |
|  |  |
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|  |  |
|  | <div class="node\_\_content"> |
|  |  |
|  | <div class="field field--name-field-envelopes field--type-entity-reference-revisions field--label-hidden field\_\_items"> |
|  | <div class="field\_\_item"> |
|  |  |
|  | <div class="envelope envelope--style-white envelope--narrow"> |
|  | <div class="clearfix text-formatted field field--name-field-envelope-content field--type-text-long field--label-hidden field\_\_item"><h2 style="text-align: center;">Let's Talk About It</h2> |
|  |  |
|  | <p style="text-align: center;"><span class="uo-text-header-6">We are faced with all kinds of challenges in life. It is&nbsp;easy to get caught up in the daily ups and downs. That is why we prioritize self-care and self-actualization to stop, reflect, and reenergize yourself in the midst of difficult times. From writing poetry to&nbsp;meditating or sharing&nbsp;conversation with good friends, self-care should be personalized to what works best for you. Take the time to get to know yourself and be well.</span></p> |
|  |  |
|  | <hr></div> |
|  | </div> |
|  | </div> |
|  | <div class="field\_\_item"> |
|  |  |
|  | <div class="envelope envelope--style-white envelope--narrow"> |
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|  | <div class="form--inline clearfix"> |
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|  |  |
|  | <h3>Start a journal</h3> |
|  |  |
|  | <p>Starting a journal is a great opportunity for self-care and reflection at home or abroad. Journaling abroad, however, presents a unique opportunity to log all the places you go, people you meet, meals you eat, and any other experience that is noteworthy to you. Not only could this method be beneficial while you are abroad but could also be a great way to get your memories down for…</p> <a href="[/maintaining-mental-wellness-while-studying-abroad](https://counseling.uoregon.edu/maintaining-mental-wellness-while-studying-abroad)" class="views-more-link">Read More</a></div></div> |
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|  |  |
|  | <p>Although it is tempting to reach for quick fixes such as drugs and alcohol or to slide down a YouTube rabbit hole to block out feelings for a while, these attempts at coping, especially when we are crunched for time, often end up making us feel worse and add to our list of challenges. Whether it be a hangover, behavior we regret, or several hours lost to TikTok that could have been spent finishing that final paper, there…</p> <a href="[/effectively-managing-emotions-during-stressful-times](https://counseling.uoregon.edu/effectively-managing-emotions-during-stressful-times)" class="views-more-link">Read More</a></div></div> |
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|  | </div><h3 class="blog--title"><a href="[/celebrating-women%E2%80%99s-history-month-ladies-psychology](https://counseling.uoregon.edu/celebrating-women%E2%80%99s-history-month-ladies-psychology)" hreflang="und">Celebrating Women’s History Month: The Ladies of Psychology</a></h3><div class="blog--summary"><p>It’s Women’s History Month, and a time to pay homage to the ladies who helped shape therapy. Sure, we have all heard of Freud, maybe if you’re a psychology major you’ve heard of Jung and Wundt. But who are the women who contributed to the field of counseling psychology, and why is this important?</p> |
|  |  |
|  | <h3>Many of these women were working against the odds of their time.</h3> |
|  |  |
|  | <p>Mary Whiton Calkins wasn’t allowed a PhD from Harvard. Christine Ladd-Franklin was kicked out of Edward Titchener’s research lab since she was a woman, and she completed her dissertation at John Hopkins and still was not allowed to obtain her doctorate degree.&nbsp;</p> |
|  |  |
|  | <h3>Many of these women were also the firsts of their time.</h3> |
|  |  |
|  | <p>Margaret Floy Washburn was the first woman to get a doctorate degree in psychology. Mary Whiton Calkins was the first American Psychological Association’s president in 1905. Mamie Phipps Clark, who you may know from her work with the Clark Doll test and Brown vs. the Board…</p> <a href="[/celebrating-women%E2%80%99s-history-month-ladies-psychology](https://counseling.uoregon.edu/celebrating-women%E2%80%99s-history-month-ladies-psychology)" class="views-more-link">Read More</a></div></div> |
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|  | </div><h3 class="blog--title"><a href="[/dating-and-relationship-non-negotiables](https://counseling.uoregon.edu/dating-and-relationship-non-negotiables)" hreflang="und">Dating and Relationship Non-negotiables</a></h3><div class="blog--summary"><p>Given the month and upcoming Valentine’s Day, I wanted to spending some time talking about relationship non-negotiables. Now the first words that come to mind when I think about relationship non-negotiables are boundaries and structure. Admittedly, not really words that make you think of love. Though as someone who has had her fair share of dating and experience working as a couples therapist, love and boundaries actually coexist far more than we have been led to believe. In fact, healthy relationships have both.&nbsp;</p> |
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|  | <p>Relationship non-negotiables are ways we are able to communicate our needs for a healthy relationship in which we feel emotional safety. This can apply to any and every relationship you have in your life, be it romantic, familial, or platonic. Relationship non-negotiables are helpful across the relationship monogamy/polyamory spectrum. Ultimately the only tricky part about them is recognizing what your relationship non-negotiables are for you. So here I am,…</p> <a href="[/dating-and-relationship-non-negotiables](https://counseling.uoregon.edu/dating-and-relationship-non-negotiables)" class="views-more-link">Read More</a></div></div> |
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|  | </span>1</a> |
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|  | <li class="collapse-menu\_\_item"><a href="[http://dos.uoregon.edu](http://dos.uoregon.edu/)">Office of the Dean of Students</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://emu.uoregon.edu](http://emu.uoregon.edu/)">Erb Memorial Union</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://holden.uoregon.edu](http://holden.uoregon.edu/)">Holden Center for Leadership and Community Engagement</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://rec.uoregon.edu](http://rec.uoregon.edu/)">Department of Physical Education and Recreation</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://families.uoregon.edu](http://families.uoregon.edu/)">Parent and Family Programs</a></li> |
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|  | <li class="collapse-menu\_\_item"><a href="[https://registrar.uoregon.edu](https://registrar.uoregon.edu/)" title="Office of Financial Aid and Scholarships">Office of the Registrar</a></li> |
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|  | <li class="collapse-menu\_\_item"><a href="[http://housing.uoregon.edu](http://housing.uoregon.edu/)">University Housing</a></li> |
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|  | </footer> |
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|  | <script src="[/sites/default/files/js/js\_hKQGZCKE6ezIU7tnb5REwgCskWH1V6FtOgUX5foXXyk.js?scope=footer&amp;delta=0&amp;language=en&amp;theme=cosmic&amp;include=eJyFy1EKgCAQBNALZR4pNptkS91wLev2UR99RNDPwAxvvIgP6ChROAo7tf41NKt0TjLsKqaiNwOUfTJjpogqeTacuPwiJ3EJKLigKuKjr\_J96UnRbIyq9s6WJtpPeMFD1A](https://counseling.uoregon.edu/sites/default/files/js/js_hKQGZCKE6ezIU7tnb5REwgCskWH1V6FtOgUX5foXXyk.js?scope=footer&delta=0&language=en&theme=cosmic&include=eJyFy1EKgCAQBNALZR4pNptkS91wLev2UR99RNDPwAxvvIgP6ChROAo7tf41NKt0TjLsKqaiNwOUfTJjpogqeTacuPwiJ3EJKLigKuKjr_J96UnRbIyq9s6WJtpPeMFD1A)"></script> |
|  | <script src="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/js/uowdf-jscore-d8.min.js>"></script> |
|  | <script src="[/sites/default/files/js/js\_tbE3HP-K3wrnPcvsFp4Wu87sDYDY1yUHr2M6EQjv3EY.js?scope=footer&amp;delta=2&amp;language=en&amp;theme=cosmic&amp;include=eJyFy1EKgCAQBNALZR4pNptkS91wLev2UR99RNDPwAxvvIgP6ChROAo7tf41NKt0TjLsKqaiNwOUfTJjpogqeTacuPwiJ3EJKLigKuKjr\_J96UnRbIyq9s6WJtpPeMFD1A](https://counseling.uoregon.edu/sites/default/files/js/js_tbE3HP-K3wrnPcvsFp4Wu87sDYDY1yUHr2M6EQjv3EY.js?scope=footer&delta=2&language=en&theme=cosmic&include=eJyFy1EKgCAQBNALZR4pNptkS91wLev2UR99RNDPwAxvvIgP6ChROAo7tf41NKt0TjLsKqaiNwOUfTJjpogqeTacuPwiJ3EJKLigKuKjr_J96UnRbIyq9s6WJtpPeMFD1A)"></script> |
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