



*Summer
of
Care*

Maintaining Healthy Relationship Boundaries

During the COVID-19 Pandemic, Part I

LGBTQ RESOURCE CENTER
LoboRESPECT ADVOCACY CENTER
STUDENT HEALTH & COUNSELING
WOMEN'S RESOURCE CENTER



How do we keep our relationships healthy during quarantine?

It's strange to try and navigate this new world of relationships— isolated from or quarantined with our friends, family and partners. How do we do communicate our boundaries (some of which may be new to us) in a way that allows for our own **autonomy & safety**?

In this two-part series, we'll be looking at tips for maintaining healthy relationships with those that we're sheltering in place with & those that we're not.



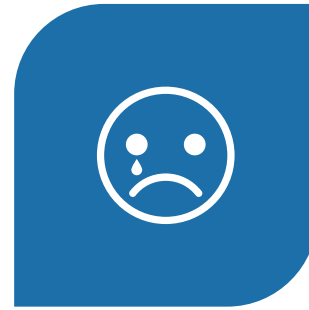
You might be identifying boundaries & communication needs to fit this new environment with folks that you're sharing space with:



DO YOU WANT MORE
TIME TO ENJOY
PHYSICAL PRIVACY?



DO YOU FEEL LIKE
YOU HAVE SPACE TO
SHARE HOW YOU'RE
FEELING
EMOTIONALLY?



DO YOU WANT TO
HAVE LIMITS ON "BAD
NEWS" SHARING?



WHO IS PAYING FOR
THE THINGS THAT
YOU NEED DURING
SHELTER-IN-PLACE?

What do you need to feel safe and seen? Make a list for yourself & rank your priorities!


How can you share your boundaries effectively with those that you're living with?

Unhealthy boundaries can look like:

- **Coercing someone into doing what you want through threats to their physical safety or access to necessary items** like food, water, PPE, etc. (i.e. “If you don’t do ____, I’m going to throw your mask away!”)
- **Using vague and/or demeaning language when asking for what you need** (i.e. “You’re so stupid, go away, I need to focus.” or “You sound totally crazy, don’t talk about depressing stuff with me.”)
- **Deciding yourself what is appropriate to share among friends, family members, or with a partner** (i.e. sharing private media—photos, videos, or texts—without getting consent first)
- **Being unwilling to apologize or admit wrongdoing.** Remember, gaslighting isn’t a boundary! (i.e. “You never asked me to do that, you’re remembering this totally wrong!” or “Why are you such a baby, no one else would be upset about this!”)

Healthy boundaries can look like:

- **Asking for what you need with love, respect and empathy** (i.e. “I know that you’ve been feeling like you need extra attention because of all of the pandemic stress, but I need an hour in the mornings to myself to regroup.”)
- **Use specific, “I feel” language** (i.e. “I feel disrespected when you talk over me, I would like it if you gave me time to finish my thought in conversations”)
- **Asking friends, family & partners for express permission** when sharing materials (i.e. “Would it be okay if I shared that picture with my ____?”)
- **Taking ownership for your actions when you’ve hurt someone and working to correct the harmful behavior in a way that makes you both feel comfortable** (i.e. “I’m sorry that I hurt you by raising my voice—I’m going to work on making sure I’m calm before talking about this stuff. Is there anything else I can do to support you in feeling better?”)



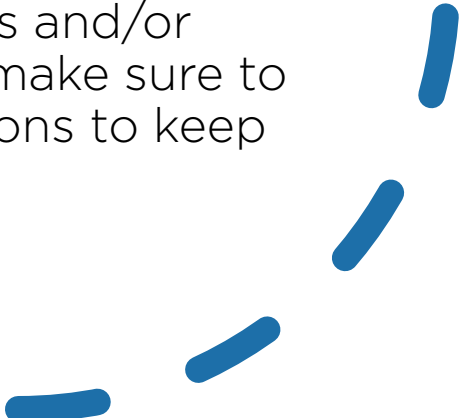
**What else can
you do to help
with
communication
& boundary-
setting?**

Make a household schedule

If conflict often arises when you feel like you have to ask (or be asked) to participate in household tasks, or you feel like there's a difference between what's being asked of you, and what's expected, **creating a schedule will allow you and those you're sharing space with to outline expectations** without the risk of confusion or repetition!

Follow through & revisit often!

When you set boundaries with a friend, family member, or partner, **make sure that you're respecting those that others have set, and that you're holding up your end of the commitment.** But, remember, your needs and/or capacity may change, and that's okay! Just make sure to return to those boundary-setting conversations to keep everyone else in the loop!



If you feel like you need support processing or planning, please reach out!



UNM and the greater Albuquerque community has free and/or low-cost resources!



**LoboRESPECT
Advocacy Center**

505.277.2911

Confidential advocacy &
academic accommodations



**Women's Resource
Center**

505.277.3716

Confidential advocacy &
counseling



**LGBTQ Resource
Center**

505.277.5428

Confidential advocacy



**Student Health &
Counseling (SHAC)**

505.277.3136

Counseling & medical care



**Domestic Violence
Resource Center**

505.248.3165

Safety planning, advocacy,
counseling, & prevention ed