

Counselling Services

TUS Midlands



Newsletter Content

- Introduction: Applied Psychology Placement Students
- Relationships

 @tusmidlandsstudentcounselling

Introduction: Applied Psychology Placement Students



Hi, my name is Hui Lin, a 3rd year Applied Psychology international student here in TUS Midlands. I am delighted to have joined the TUS Student Counselling team for my work placement and look forward to expanding my skill set and knowledge.

A little about me... I am from Malaysia which is a country that has summer all year round, experiencing the four seasons in Ireland has been enjoyable, except for the strong wind! I have been studying abroad in Ireland since 2021, and I am really enjoying the experience. I love the Irish people and the relaxed approach they have to life which resonates with me as I am a happy-go-lucky person. I love watching dramas and movies, especially Korean dramas, and Ghibli films which I find relaxing and calming after a long day.

My interest in psychology started when I was 17. I have always had a keen interest in working with people, and I feel rewarded when helping and supporting others. I am curious about how people's behaviours can affect their relationships. Over the last three years, I have enjoyed developing my learning and understanding of psychology.

My role is centered around project work, I do not have access to any students using the service or their confidential data

Relationships

Healthy relationships are important to maintain our well-being and mental health. It is not just about relationships with others but also the relationship with our own self. It was an essential part of student life. An unhealthy relationship can affect our well-being. According to research, Stress is a result of negative connections and is associated with insufficient social support (Reblin, Uchino, & Smith, 2010; Holt-Lunstad, Uchino, Smith, & Hicks, 2007). Let's explore what is a healthy relationship together!

Green Flag : Positive Signs in Relationships



Communicate openly and honestly



Open communication



Willing to admit mistakes



Compromise



Share responsibilities



Show interest in the things you find enjoyable



Respect your desires and boundaries



The foundation of a healthy relationship includes: (New York State, 2017)

- **Boundaries:** find ways to meet each others' **needs** in ways that you both feel comfortable with.
- **Communication:** share your feelings, even when you don't agree, in a way that makes the other person feel safe, heard, and not judged.
- **Trust:** Building trust allows peoples to be vulnerable with one another knowing that they can rely on the other person.
- **Consent:** Most commonly used when you're being sexually active, giving consent means that you are okay with what is happening, and that no one is forcing you or guiltig you into doing anything that you don't want to do. Consent **can be given and taken back at any time**, and giving consent once **does not mean you automatically give consent in the future**.

Tips for effective communication

Non-verbal communication

We communicate through our facial expressions, tone of voice, and body language.

Communication

Talk about what you want, need, and feel. Use "I" phrases like "I need," "I want," and "I feel." Make sure others knows what you're saying.

Active Listening

- Let the other person speak without interruption.
- Show genuine attention and interest.
- Establish a time to speak without interruptions from other people or devices
- Be aware of your tone.

(Better Health Channel, 2014)

How to set boundaries

1. **Establishing goals:** Consider asking yourself, "What is the purpose of setting a boundary or the necessity of setting a boundary?"
2. **Start small:** It can be difficult and unsettling to set boundaries. Starting small and concentrating on each one at a time is the key.
3. **Be specific:** Make sure your goals are as clear as possible.
4. **Practice:** If you find it difficult to create boundaries, write down your thoughts in advance or play out your barrier in front of the mirror.
5. **Keep it simple:** When defining boundaries, less is more. At first, try not to give someone too much information. Simply choose the primary issue causing you distress and concentrate on it.

(Brooten-Brooks, 2023)