What are signs of a healthy relationship?

A healthy relationship should bring more happiness than stress into your life. Every relationship will have stress at times, but you want to prevent prolonged mental stress on either member of the relationship.

Below are some characteristics that may be present in your relationships.

While in a healthy relationship you:

- Take care of yourself and have good self-esteem independent of your relationship
- Maintain and respect each other's individuality
- Maintain relationships with friends and family
- Have activities apart from one another
- Are able to express yourselves to one another without fear of consequences
- Are able to feel secure and comfortable
- Allow and encourage other relationships
- Take interest in one another's activities
- Do not worry about violence in the relationship
- Trust each other and be honest with each other
- Have the option of privacy
- Have mutual respect for sexual boundaries

Source: Hall Health Primary Care Center, University of Washington

Sometimes, it can be difficult to know whether or not our relationships with others are truly healthy and in our best interest. If you have questions, please consider speaking to a counselor at Psychological Services or contacting an Advocate.

“Love is a game that two can play and both win.” ~ Eva Gabor

The Bucknell Nutrition Initiative

A program to promote and encourage nutrition awareness to the Bucknell community and to help serve as a guide to students during their college years and beyond through the use of advanced educational programming, diet education materials, and specific signage throughout the various dining locations on campus.

Look for the logo or highlighted items signifying Healthier Dining Choices on menus throughout the Bucknell Dining locations.

BUCKNELL UNIVERSITY NUTRITION COUNSELING SERVICES 570-577-1401

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