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Q3 GYM REIMBURSEMENTS DUE TOMORROW

RECEIVE UP TO \$50/MONTH

Did you know that if you attended a gym from July 1 – September 30 you can receive up to \$50/month toward the cost of your membership? Eligible memberships include boutique studios, personal training, at-home/virtual memberships, and more! If you're not sure if your membership qualifies, [contact ThriveOn](#) – we're here to help! All you have to do is use your membership on 8 different days each month. Proof of payment and visits is required. For more information and to [complete your reimbursement request today click here](#). Quarter 3 (July – September) requests are due tomorrow, October 18, 2024. Reimbursements will be processed on the November 29, 2024 payroll.



UNDERSTANDING RELATIONSHIP ABUSE

EMPOWERING SURVIVORS THROUGH AWARENESS AND SUPPORT

According to the [Ohio Domestic Violence Network \(ODVN\)](#), Ohio has experienced 114 domestic violence fatalities between June 2023 and June 2024. This staggering number includes not only targeted victims and perpetrators but also good Samaritans and officers present during these tragic events.

To effectively address relationship abuse, it's essential to recognize that it extends beyond physical violence. [Domestic violence](#) can happen in different ways and understanding the behaviors that create abuse is crucial for both prevention and intervention. By developing a deeper understanding of what abuse means and recognizing examples of [healthy relationships](#), we empower [ourselves and others](#) to make informed decisions regarding safety and well-being.

Domestic violence, also known as intimate partner violence (IPV), dating abuse, or relationship abuse, is a pattern of behaviors employed by one partner to exert [power and control](#) over another in an intimate relationship. Importantly, domestic violence does not discriminate; individuals of any race, age, gender, sexuality, religion, education level, or socioeconomic status can be both victims and abusers. Abuse can take many forms, including physical harm, emotional, manipulation, and financial control.

UNDERSTANDING TYPES OF RELATIONSHIP ABUSE

Abusive situations often involve multiple [forms of abuse](#) occurring simultaneously. Recognizing how these behaviors interact is key to [identifying abuse](#). When we understand what relationship abuse looks like and means, we can then take steps to get help for ourselves as well as better [support others](#) who are experiencing abuse.

THE ROOTS OF ABUSE

Abuse is a learned behavior. Some people [witness it in their own families](#) growing up. Others learn it slowly from friends, popular culture, or structural inequities throughout our society. Regardless of the environment in which they develop these behaviors, individuals who commit abusive acts make a conscious choice to do so – they also have the power to choose otherwise. Because of this some people who experience or witness abuse use their experiences to end the cycle of violence. They also take steps to heal themselves without harming others. While outside factors (including drug or alcohol addiction) can escalate abuse, it's important to recognize that these issues do not cause domestic violence.

Regardless of the circumstances of your relationship or past, no one ever deserves to be abused and you're never responsible for your partner's abusive actions. The National Domestic Violence Hotline can help: [expert advocates from The Hotline are available 24/7](#). They can talk through your situation and help you build a safety plan tailored to your circumstances.

COMMON SIGNS OF ABUSIVE BEHAVIOR

The warning signs of abuse don't always appear overnight and may emerge and intensify as a relationship grows. Every relationship is different, and domestic violence doesn't always look the same. However, one feature shared by most abusive relationships is that the abusive partner tries to establish or gain power and control through methods such as:

- Preventing or discouraging you from spending time with others, particularly friends, family members, or peers.
- Controlling finances in the household without discussion, such as taking your money or refusing to provide money for necessary expenses.
- Insulting your parenting or threatening to harm or take away your children or pets.

WHY PEOPLE STAY IN ABUSIVE RELATIONSHIPS

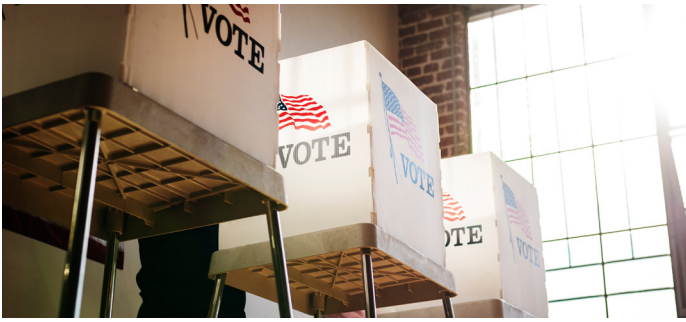
Abusive relationships are extremely complex situations, and it takes a lot of courage to leave. Abuse is about power and control. When a survivor leaves their abusive relationship, they threaten the power and control their partner has established over the survivor's agency. This often causes the partner to retaliate in harmful ways.

The decision to remain in an abusive relationship can stem from various factors, including fear, normalized abuse, shame, intimidation, lack of resources, and concerns for children. Notably, many victims also fear for the safety of their pets, as numerous domestic violence shelters do not allow animals, further complicating the decision to leave.

Domestic violence can also strain the people who witness, intervene, or recognize the tragic realities of relationship abuse. It can be painful and draining – physically, mentally, emotionally, and financially – to watch the people in our lives abuse or be abused. In that regard, we are all impacted by any and all forms of abuse. This means it's on each of us to take steps in our daily interactions to end and prevent future abusive behavior.

LOCAL AND NATIONAL RESOURCES

- [LSS CHOICES \(614.224.4663\)](#): This Lutheran Social Services program is a vital resource for victims of domestic violence in Columbus, Ohio, aiming to interrupt the cycle of violence and advocate for social change.
- [Columbus Humane](#): Recognizing that up to 48% of domestic violence victims delay leaving due to concerns for their pets, Columbus Humane collaborates with LSS CHOICES to establish the [Safe Haven for Pets program](#), helping individuals with pets escape abusive situations.
- [The Lighthouse \(740.687.4423\)](#): The Lighthouse provides crisis intervention, case management, shelter, referrals for counseling and support groups, legal advocacy, court accompaniment, and basic needs to victims of sexual assault and domestic violence.
- [National Domestic Violence Hotline](#): You can call **1.800.799.7233** or text START to **88788**
- [Franklin County Children Services](#): Call the Child Abuse Hotline at **614.229.7000**
- [National Sexual Assault Hotline](#): Call the hotline at **1.800.656.4673**



PREPARING FOR THE PRESIDENTIAL ELECTION

NAVIGATING POLITICAL DISCUSSIONS WITH FAMILY AND FRIENDS

As the presidential election draws near, it's natural to feel an increase in anxiety, stress, and uncertainty. The intensity of emotions, combined with differing viewpoints, can lead to tension, especially in conversations with family and friends. It's important to prepare not just for the results but also for how political discussions might impact your relationships and overall well-being.

CARING FOR YOURSELF DURING ELECTION SEASON

Election years can stir strong emotions, particularly when the outcome feels personal or uncertain. If the results don't match your hopes, it's normal to feel anxious about the future. In these moments, self-care is key. Revisit practices that help you manage stress—stay hydrated, stay active, and ensure you're getting enough rest. If the constant stream of news or social media becomes overwhelming, take intentional breaks. Focus on activities that bring you joy, such as listening to music, cooking, or exploring a new park.

Take time to process your emotions. For instance, if you hear a policy on the news that upsets you, your immediate reaction might be anger—that's your emotion. Later, as you reflect on it, you might feel frustrated or worried about its impact—that's your feeling. Understanding this difference between quick emotional responses and deeper feelings can help you manage your reactions more mindfully during this election season.

CONNECTING WITH LIKE-MINDED FRIENDS AND FAMILY

Political discussions don't always have to be a source of tension. Connecting with friends or family members who share your views can provide emotional support and help keep you grounded

during stressful moments. You might even ask someone to be your "accountability buddy," checking in to ensure you're caring for yourself and stepping away from the political chaos when needed. Offering the same support to them can create a space of mutual understanding and encouragement.

NAVIGATING CONVERSATIONS WITH OPPOSING VIEWS

Political discussions can be challenging, especially with those who hold different beliefs. When engaging with family members, setting boundaries is essential. Before starting, consider whether the conversation is worth having and if it can remain respectful. If the discussion becomes heated or draining, don't hesitate to step away or change the topic to protect your mental health.

While meaningful conversations require both sides to listen, it's important to have realistic expectations—changing someone's opinion in one discussion is unlikely. Instead, focus on understanding their perspective. Acknowledge your own biases and listen without judgment. Keeping a calm tone and open body language can foster a constructive conversation, even in the face of disagreements.

If the conversation becomes too tense, redirect it to lighter topics like shared interests or family memories. You can say, "I don't want to talk about politics right now," or take a gentler approach like, "We see this differently, but let's focus on something we both enjoy. Have you tried any new recipes lately?" Shifting to neutral subjects can ease tension without dismissing anyone's feelings.

Remember, it's okay to step away from unproductive or draining discussions. Protecting your mental well-being and maintaining positive relationships should be priorities.

DEALING WITH ELECTION OUTCOMES

No matter the result, elections can evoke a range of emotions. If your candidate doesn't win, it's natural to feel disappointed or concerned. In these moments, reflect on what brings you hope and positivity. Focus on people, causes, or organizations that give you a sense of purpose, knowing that their work continues regardless of the election outcome.

Consider ways to stay engaged by volunteering, donating, or focusing on local community efforts. Even small actions can provide a sense of control and connection. If you find yourself wishing you had done more this election season, start preparing for

the next one. Channel your energy into future actions and remember that meaningful change often takes time.

As we approach the election, consider not only the outcome but also how the process impacts your mental health and relationships. With self-awareness, boundaries, and a commitment to listening, you can navigate this season while protecting your well-being. Stay engaged, take care of yourself, and remember that your voice matters—before, during, and after election day.

RESOURCES FOR SUPPORT

Get help coping with stress, managing difficult relationships, and improving your mental health at liveandworkwell.com. You can also explore audio and video content, mental health screening tools, and mindfulness exercises on the [Calm app](#)—available at no cost to you.

For Ohio election information: <https://www.ohiosos.gov/elections/voters/>

ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.

Maven

Managing Menopause Symptoms at Work

Tuesday, October 22 at 12pm

Discover practical solutions for managing menopause symptoms in the workplace by joining our class led by a Maven OB-GYN. Gain insights on maintaining professional focus while addressing the challenges of this life stage.

REGISTER WITH MAVEN >

CancerBridge

Using Gratitude to Support Self Care

Thursday, October 24th, 2024 at 11am

Gratitude is a positive emotion that inspires optimistic actions! Explore how gratitude can help you start and sustain self-care behaviors that keep you feeling well. This will be a work group with time for personal writing reflections included during the session.

REGISTER WITH CANCERBRIDGE >

Healthy Lifestyle Program

Back to Basics: Nutrition Fundamentals

Wednesdays, Oct. 30 – Nov. 20 from 11:30-12pm

We're surrounded with social media, celebrities, and diet companies sharing nutrition misinformation. In this program, learn the truth behind the fundamentals of nutrition, how to fuel our bodies for a lifetime, and how to support both you and your family's health with balanced nutrition. Attend 2 of 3 sessions to earn a \$50 Well-Being Activity incentive.

REGISTER WITH OHIOHEALTH >