

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



NEW JERSEY SELF-ADVOCACY PROJECT



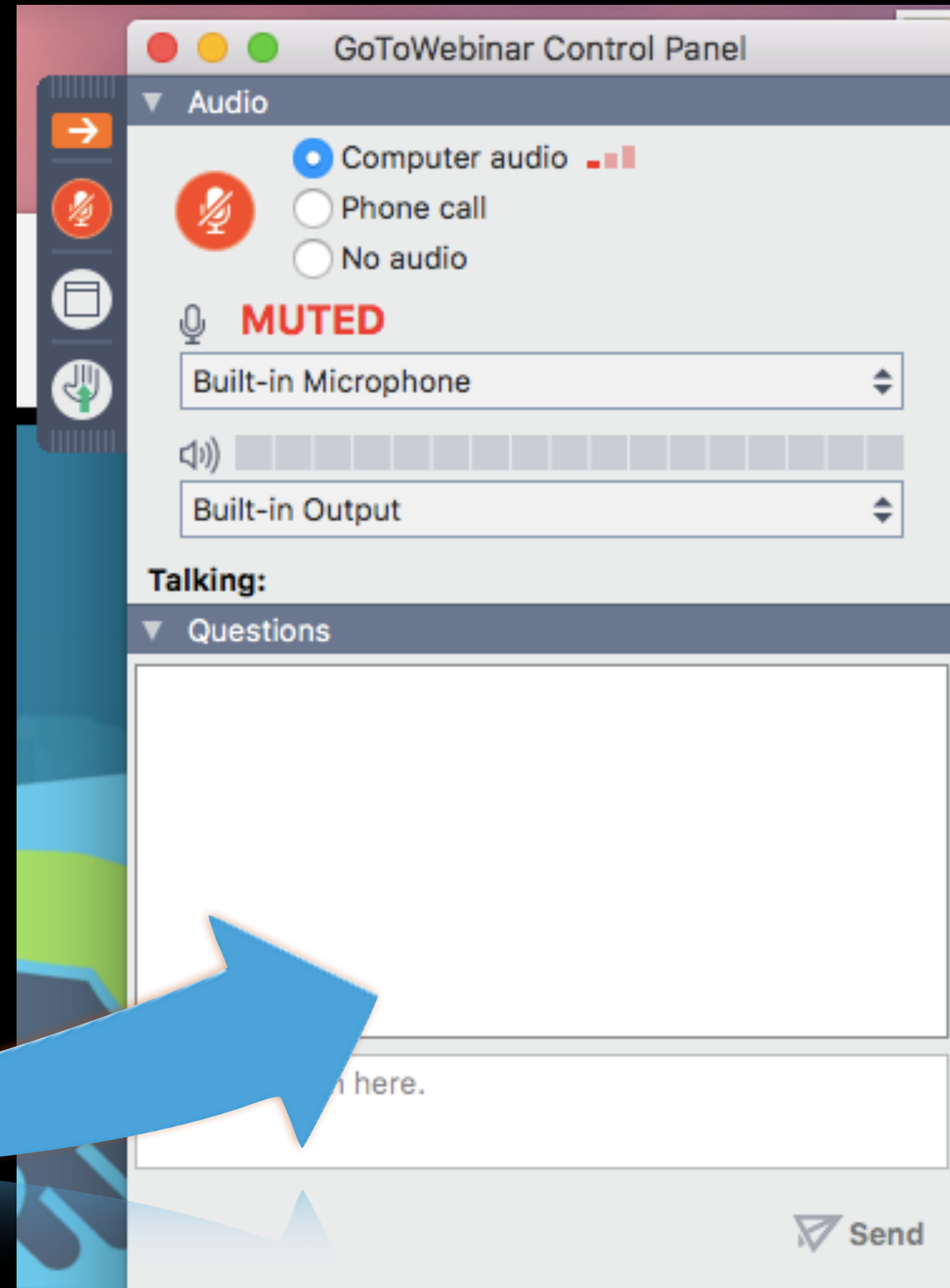
Love Languages:

Healthy Relationships & Communication

STAY HEALTHY AT HOME WEBINAR SERIES

FEBRUARY 2, 2021 FROM 2 - 3 PM

TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
QUESTIONS
BOX



INTRODUCTION



- ▶ Erin Smithers, the Information/Referral Coordinator of the [New Jersey Self-Advocacy Project \(NJSAP\)](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel

TODAY, WE WILL DISCUSS:

- The 5 Love Languages
- Building Bonds
- Defining Healthy Relationships

POLL: WHICH LOVE LANGUAGE DO YOU THINK YOU NEED?

- Words of Affirmation
- Quality Time
- Receiving Gifts
- Acts of Service (Devotion)
- Physical Touch



“Many couples love each other in their mind, but one may not feel loved by their partner because the partner is expressing love in a language the other person doesn’t understand or want, which creates issues.”

THE 5 LOVE
LANGUAGES

By Gary D. Chapman





the **LOVE**
LANGUAGES



WORDS OF AFFIRMATION



- You get a thrill from receiving compliments and unexpected praise.
- You like when others say they care about you or appreciate having you in their lives.
- You love feeling understood and receiving recognition for a job well done.

QUALITY TIME



- You're an excellent listener and always give others your undivided attention.
- You prefer not to be alone and think most activities are more fun with others involved.
- You always make time for your loved ones, even if you're not physically with them.
- You enjoy sharing new experiences with others more than receiving physical gifts.

RECEIVING GIFTS



- You enjoy when your partner brings you your favorite flowers, just 'cause.
 - You like when your partner celebrates anniversaries, big and small.
- You love being sent a surprise package at work.

ACTS OF SERVICE (DEVOTION)



- You like when your partner makes breakfast in bed.
- You like when your partner takes the dog for a walk, does the grocery shopping, or folds and puts away the laundry.
- You consider an uninterrupted hour of TV time a gift.

PHYSICAL TOUCH



- You're comfortable with public displays of affection, even in front of large groups.
 - You feel alone in a relationship if you're not able to express or receive physical affection.
- You like to get massages on a regular basis and love the occasional foot rub.
 - You pride yourself on being a good hugger, and you like sitting close to others.
 - You look forward to kisses and intimacy with your partner more than anything else.

LET'S TAKE THE
QUIZ

Your Love Language Profile Quiz

For each pair, pick the option that best reflects your preferences.

- I like to receive notes of affirmation. A
- I like to be hugged. E

- I like to spend one-to-one time with a person who is special to me. B
- I feel loved when someone gives practical help to me. D

- I like it when people give me gifts. C
- I like leisurely visits with friends and loved ones. B

- I feel loved when someone I love or admire puts their arm around me. E
- I feel loved when I receive a gift from someone I love or admire. C

- I like to go places with friends and loved ones. B
- I like to high-five or hold hands with people who are special to me. E

- I like to be told that I am appreciated. A
- I like for a person to look at me when we are talking. B

- I like when people give me cards, flowers, or other small tokens. C
- I feel loved when people affirm me. A

- Words of acceptance are important to me. A
- I know someone loves me when they help me. D

- What someone does affects me more than what he or she says. D
- Hugs make me feel connected and valued. E

- Would you help me cook dinner? D
- I like going fun places with you! B

- I've got a surprise for you. C
- We can make something really cool together. D

- How did you know how to do that? You're brilliant. A
- I can't wait to give you your present! C

- Would you like for me to scratch your back? E
- Let's spend the day doing whatever you want to do. B

- I feel loved when people do things to help me. D

QUIZ

Your Love Language Profile Quiz

- I feel loved when people give me a reassuring handshake or hug. E

- I value praise and try to avoid criticism. A
- Several small gifts mean more to me than one large gift. C

- I need physical contact with people everyday. E
- I need words of encouragement and affirmation everyday. A

- I know a person is thinking of me when they give me a gift. C
- I feel loved when a person helps me with my chores or tasks. D

- I really enjoy the feeling I get when someone gives me undivided attention. B
- I really enjoy the feeling I get when someone does some act to serve me. D

- I like for people to cross the street to shake hands or hug when they see me. E
- I like when people listen to me, showing genuine interest in what I'm saying. B

- I feel loved when someone celebrates my birthday with a gift. C
- I feel loved when someone celebrates my birthday with meaningful words. A

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

1

- I like to receive notes of affirmation.
- I like to be hugged.

A
E

QUIZ

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

2

- I like to spend one-to-one time with a person who is special to me. B
- I feel loved when someone gives practical help to me. D

QUIZ

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

3

- I like it when people give me gifts. C
- I like leisurely visits with friends and loved ones. B

QUIZ

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

4

- I feel loved when someone I love or admire puts their arm around me. E
- I feel loved when I receive a gift from someone I love or admire. C

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

5

- I like to go places with friends and loved ones. B
- I like to high-five or hold hands with people who are special to me. E

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

6

- I like to be told that I am appreciated. **A**
- I like for a person to look at me when we are talking. **B**

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

7

- I like when people give me cards, flowers, or other small tokens. C
- I feel loved when people affirm me. A

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

8

- Words of acceptance are important to me. A
- I know someone loves me when they help me. D

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

9

- What someone does affects me more than what he or she says. D
- Hugs make me feel connected and valued. E

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

10

- Would you help me cook dinner? D
- I like going fun places with you! B

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

11

- I've got a surprise for you.
- We can make something really cool together.

C
D

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

12

- How did you know how to do that? You're brilliant.
- I can't wait to give you your present!

A
C

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

13

- Would you like for me to scratch your back? E
- Let's spend the day doing whatever you want to do. B

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

14

• I feel loved when people do things to help me.

D

• I feel loved when people give me a reassuring handshake or hug.

E

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

15

- I value praise and try to avoid criticism.
- Several small gifts mean more to me than one large gift.

A
C

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

16

- I need physical contact with people everyday. E
- I need words of encouragement and affirmation everyday. A

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

17

- I know a person is thinking of me when they give me a gift. C
- I feel loved when a person helps me with my chores or tasks. D

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

18

- I really enjoy the feeling I get when someone gives me undivided attention. B
- I really enjoy the feeling I get when someone does some act to serve me. D

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

19

- I like for people to cross the street to shake hands or hug when they see me. E
- I like when people listen to me, showing genuine interest in what I'm saying. B

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

20

- I feel loved when someone celebrates my birthday with a gift. C
- I feel loved when someone celebrates my birthday with meaningful words. A

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

QUIZ

- Count How Many 'A's & Put Them In The 'A' Box
- Count How Many 'B's & Put Them In The 'B' Box
- Count How Many 'C's & Put Them In The 'C' Box
- Count How Many 'D's & Put Them In The 'D' Box
- Count How Many 'E's & Put Them In The 'E' Box

Tally Up
Your Scores

Love Languages Tally Sheet

	A	B	C	D	E
Tally					
Total					

POLL: DID YOUR LOVE LANGUAGE CHANGE?

- Yes
- No
- I Don't Know



BUILDING BONDS

WORDS OF AFFIRMATION



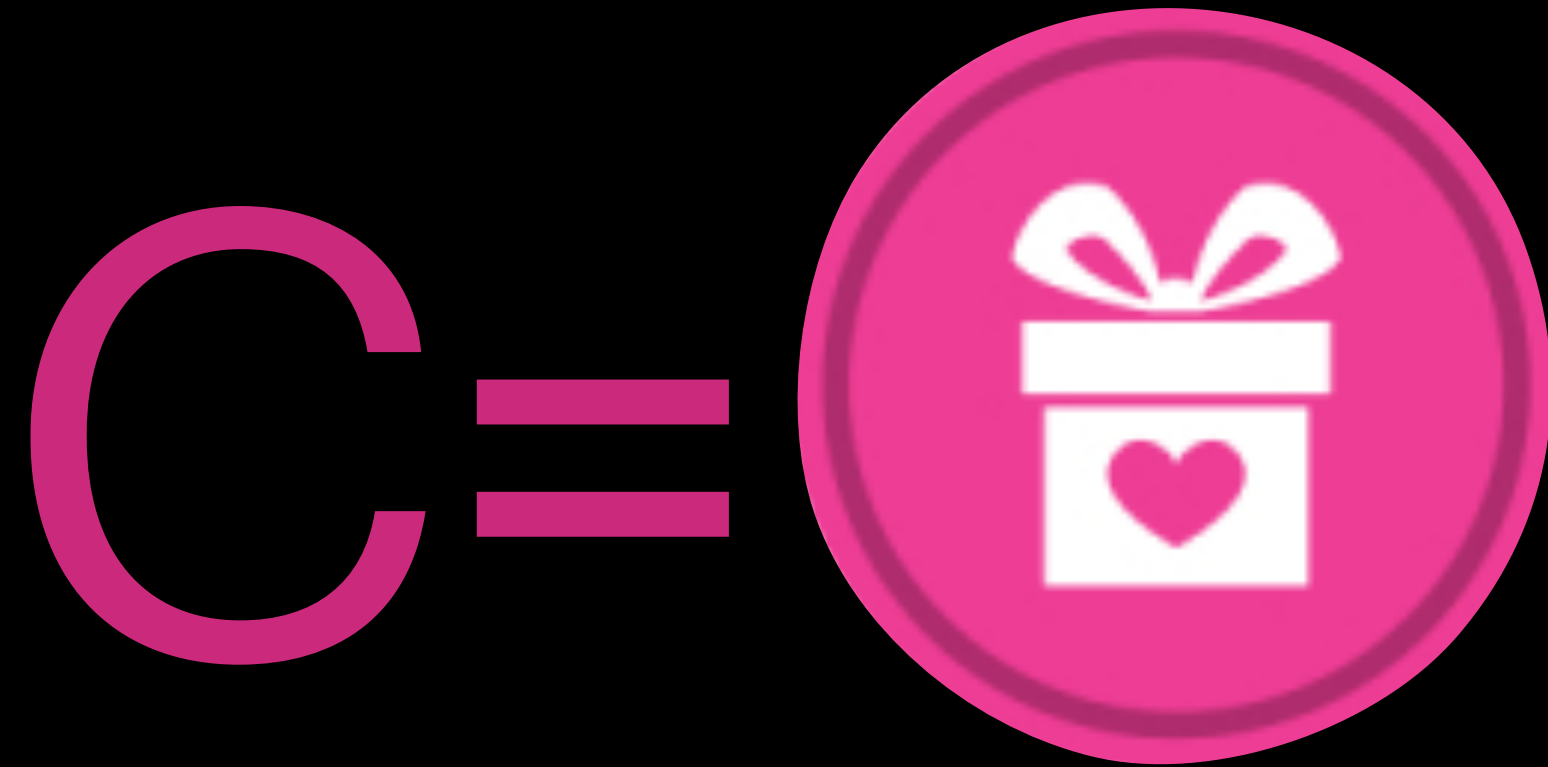
“Sometimes, I just need you to tell me that you love me and that you are proud of me.”

QUALITY TIME



“The most important thing to me is spending one-on-one time with you! That’s when I feel your love the most.”

RECEIVING GIFTS



“The gifts you give me have meaning. Even something small and unexpected can show me how much you love me.”

ACTS OF SERVICE (DEVOTION)

D=



“You can talk the talk, but can you walk the walk? Sometimes I need you to show me you love me through your actions.”

PHYSICAL TOUCH

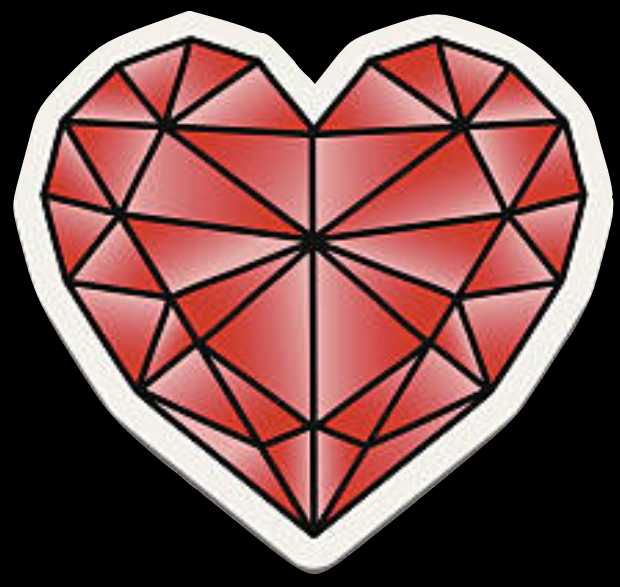


“Sometimes I just need a hug. I love the moments when we are physically close to each other.”

LOVE TANK



DEFINING HEALTHY
RELATIONSHIPS



POSITIVE



- Trust

- Respect

- Open

Communication

- Support

- Individualism

- Positive Conflict

Resolution



NEGATIVE



- Constant Unhappiness

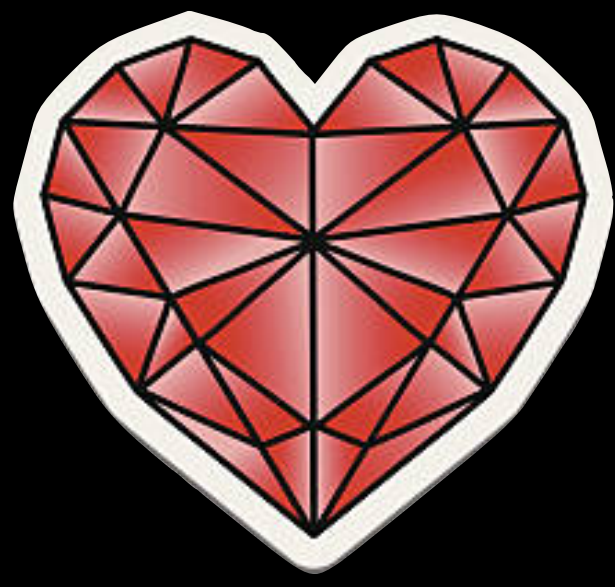
- Controlling Behavior

- Lack of Communication

- Abuse

- Doesn't Apologize

- Ultimatums



RESOURCES



[LovelsRespect.org](https://www.lovelsrespect.org)

[Healthy
Relationship Guide](#)

[Center For Healthy
Relationships](#)

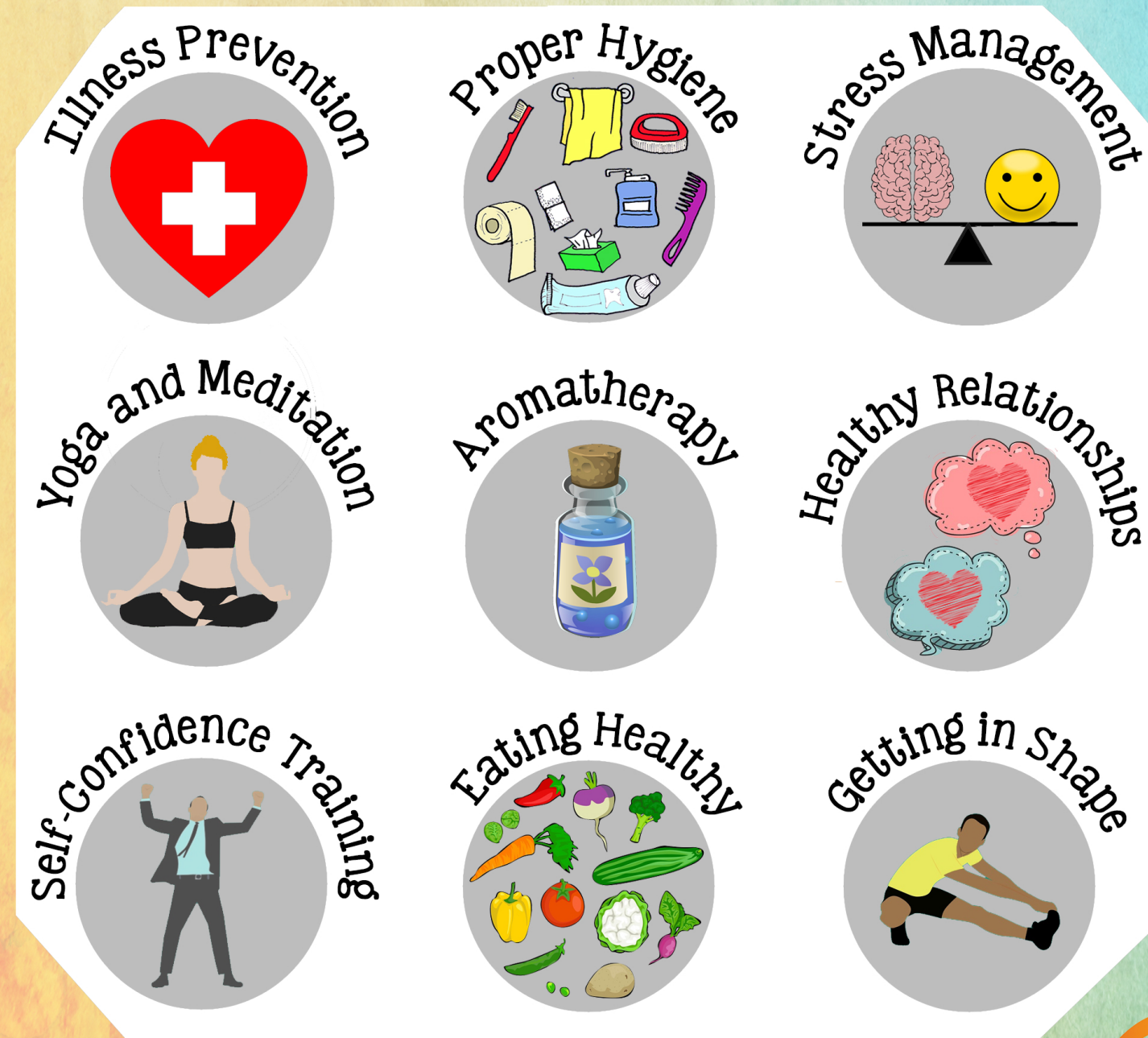
[Abuse Hotlines](#)

FREE VIRTUAL TRAININGS

Healthy Lifestyles Project

improving health, improving lives

The New Jersey Self-Advocacy Project has partnered with The Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. Contact us to set up a time and date at your location! The New Jersey Self-Advocacy Project Team will provide free workshops on the following topics:



Connect With Us!

Phone & Fax: (732) 749-8514

Email: NJSAP@ArcNJ.com

[www.Facebook.com/NewJerseySAP](https://www.facebook.com/NewJerseySAP)

[www.Twitter.com/NJSAP](https://www.twitter.com/NJSAP)

www.NJSelfAdvocacyProject.org



Foundation for New Jersey

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MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT



MONDAY

•Check social media feed for Veronica's new nutrition video



TUESDAY

•Watch the new Stay Healthy at Home webinar at 2pm



WEDNESDAY

•Interactive Zoom event for HLP:Live at 11am



•Check social media feed for IHT's new workout video



THURSDAY

•Play this week's Brain Game on Zoom at 1pm



FRIDAY

•Check social media feed for Erin's new recipe video



•HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm



TO DO LIST:

•Sign up for NJSAP's email list

•Request a virtual group training

•Make a social media post using this month's hashtag

•Participate in an advocacy campaign or Action Alert



REMINDERS + NOTES:

•Mark my calendar with all upcoming activities

•Reminder: Each NJSSAN Council meets every month

•Remember: Self-Advocacy means to SPEAK UP!



Find out more at www.njselfadvocacyproject.org

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP

EVERYTHING IS AVAILABLE ON:



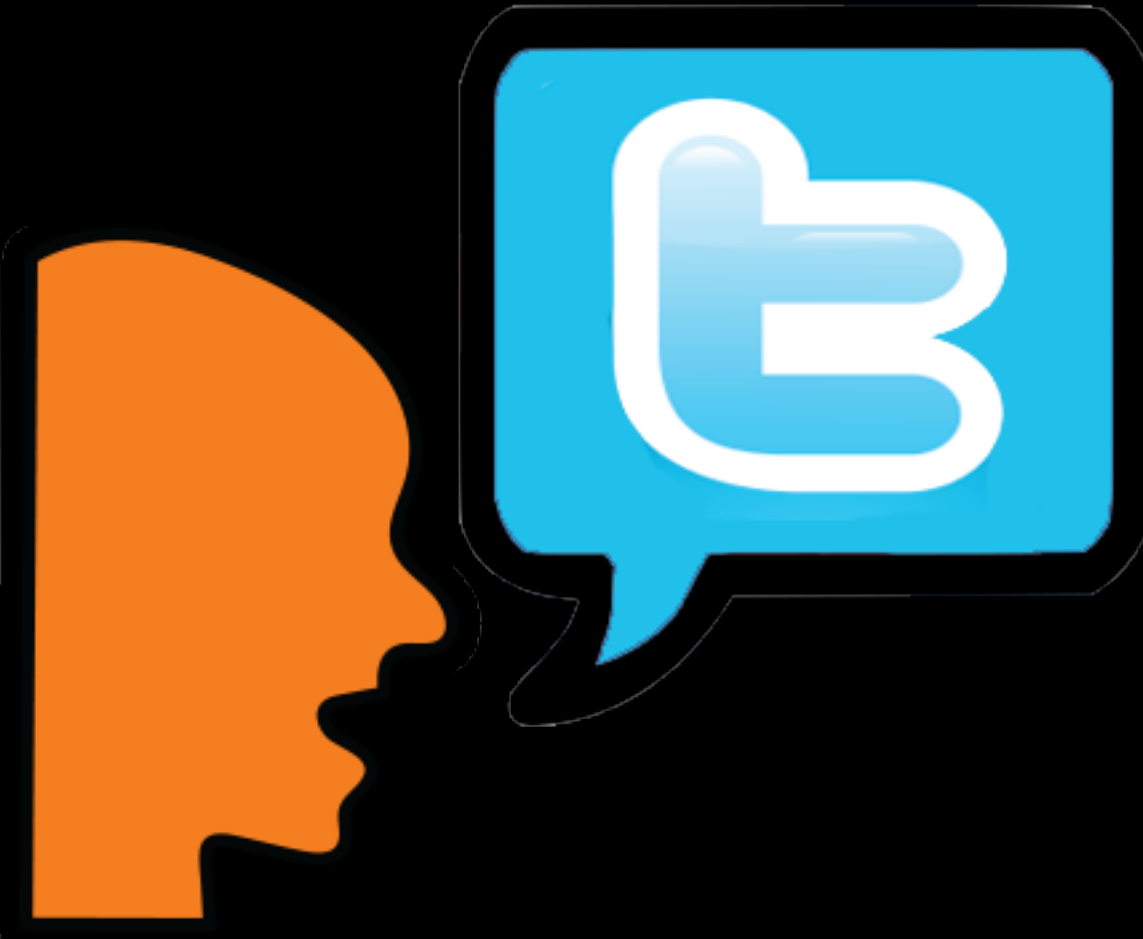
www.arcnj.org/programs/njsap/videos.html



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>



<http://www.twitter.com/njsap>



[Click Here To Sign Up!](#)

Healthy Lifestyles Project

LIVE



Live Healthy,
Together

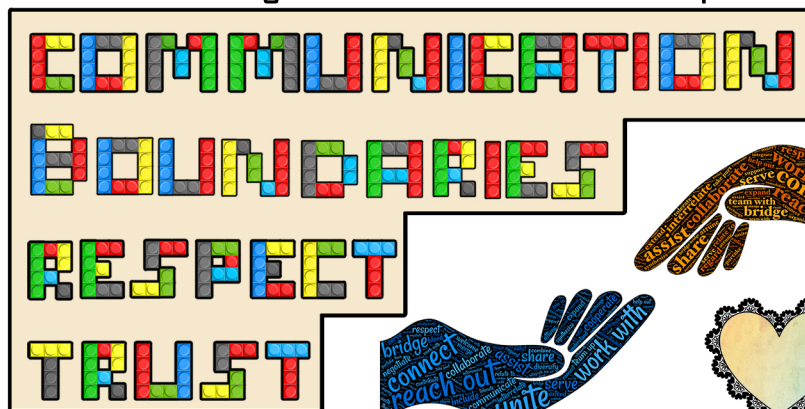


DOWNLOADS:

HEALTHY RELATIONSHIP TIPS



The building blocks of all relationships:



What is Consent?
 Consent is a clear agreement to engage in an activity.
 • Consent must be given freely.
 • You are allowed to say no.
 • Staying silent or not saying no automatically means you don't want to.

COMMUNICATION	BOUNDARIES
<p>Communication allows you and your partner to have a deep understanding of each other, and allows you to connect. In a healthy relationship with good communication, both partners:</p> <ul style="list-style-type: none"> ♥ Treat each other with respect ♥ Speak openly to one another about thoughts and feelings ♥ Feel heard when expressing feelings ♥ Listen to each other and compromise ♥ Do not criticize each other ♥ Feel supported to do the things they like ♥ Celebrate each other's accomplishments and successes <p>SOURCE: http://www.thehotline.org/is-this-abuse/healthy-relationships/</p>	<p>Each person should express to their partner what they are and are not comfortable with, when it comes to intimacy, finances, family, friends, personal space and time. In a healthy relationship with boundaries, both partners:</p> <ul style="list-style-type: none"> ♥ Allow each other to spend time with friends and family ♥ Do not abuse technology to check on a partner ♥ Trust each other and don't require their partner to "check in" ♥ Do not pressure the other to do things that they don't want to do ♥ Do not constantly accuse the other of cheating or being unfaithful

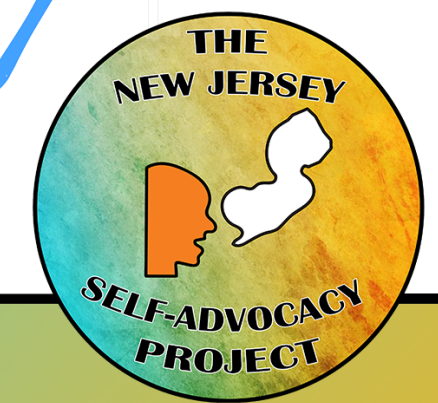
HEALTHY	UNHEALTHY
<ul style="list-style-type: none"> Honesty Compromise Respect Individuality Understanding Problem Solving 	<ul style="list-style-type: none"> Peer Pressure Hostility Controlling Behavior Violence Dependence Grudges

MY WEEK WITH NEW JERSEY SELF-ADVOCACY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> • Check social media feed for Veronica's new nutrition video 	<ul style="list-style-type: none"> • Watch the new Stay Healthy at Home webinar at 2pm 	<ul style="list-style-type: none"> • Interactive Zoom event for HLP: Live at 11am <ul style="list-style-type: none"> • Check social media feed for IHT's new workout video 	<ul style="list-style-type: none"> • Play this week's Brain Game on Zoom at 1pm

TO DO LIST:

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post using this month's hashtag
- Participate in an advocacy campaign or Action Alert
- Mark my calendar with all activities
- Reminder: Each NJSSAM every month
- Remember: Self-Advocacy means to SPEAK UP!



Find out more at www.njselfadvocacyproject.org

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NewJerseySAP

Healthy Relationships Workshop

"The Survival Guide to Healthy Relationships" is a **free workshop** that focuses on the **different types of relationships** that people will experience in their lives.

This workshop will examine the **common characteristics of relationships**, as well as how our behavior and communication style differs in each scenario.

It will also provide information on **boundaries, personal space, and appropriate greetings** in different types of social settings.

Important tips about **electronic communication and social media** will be provided to promote safety in online relationships.



Contact us to schedule a free workshop at your agency!

E-mail: NJSAP@ArcNJ.org

Phone and Fax: 732-749-8514

New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983




Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities



Resources

- ▶ NJSAP: <http://www.arcnj.org/programs/njsap/>
- ▶ NJSAP Webinars: <https://www.arcnj.org/programs/njsap/webinars.html>
- ▶ NJSAP Youtube: www.arcnj.org/programs/njsap/videos.html
- ▶ NJSAP HLP: www.HealthyLifestylesProject.org
- ▶ Healthy Lifestyles Project Live!: <https://www.arcnj.org/information/healthy-lifestyles-project/hlplive.html>
- ▶ NJSAP Email List Registration: https://visitor.r20.constantcontact.com/manage/optin?v=001Pkt5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vVTdajyOgbl3eJPfej5_IYANtZZVdceO7DjpChIHrmndLyH8%3D
- ▶ Positive Pulse Sign Up Link: https://visitor.r20.constantcontact.com/manage/optin?v=001Pkt5eHO4C2JrwfPw-p5rdhN0hs6zmFCpw_-qljyChHCjo8caQS7OnfriaJZQWdRzRL_w8oJ-UatsYCC7QBeHthjpotosACKEiDlw07cbjhkra9kPcBx4gW6FI9bf_XOk0QqcieR1PU3-NjnEHKe3A2eQ4R1h09jV7UMSM9iFawgMIB9xGmVFCg==
- ▶ NJSAP Twitter: <http://www.twitter.com/njsap>
- ▶ NJSAP Instagram: <https://www.instagram.com/newjerseysap/>
- ▶ NJSAP Facebook: <https://www.facebook.com/NewJerseySAP/>
- ▶ NJSAP HLP LIVE Sign Up Link: https://visitor.r20.constantcontact.com/manage/optin?v=001Pkt5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vVTdajyOgbl3eJPfej5_IYANtZZVdceO7DjpChIHrmndLyH8=
- ▶ Love Language Resource: <https://www.scienceofpeople.com/love-language-quiz-list/>
- ▶ Love Tank: <https://readinggraphics.com/keeping-your-love-tank-full/>
- ▶ Love is Respect: <https://www.loveisrespect.org/resources/what-is-respect-in-a-healthy-relationship/>
- ▶ **Center For Healthy Relationships:** <http://www.cfhealthyrelationships.org>
- ▶ Abuse Hotlines: <https://www.nj.gov/dcf/families/hotlines/index.html>
- ▶ Healthy Relationship Guide: https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwiyud-f0sHuAhV0EVkFHXNbDFkQFjAHegQIDRAC&url=https%3A%2F%2Fwww.arcnj.org%2Ffile_download%2Fb1a2c6c4-8bb1-466c-9d61-eeefa8553e331&usq=AOvVaw1UCAelzPPSaKmQFvkjMTIt

QUESTIONS?

- ▶ Stay in touch: ESmithers@ArcNJ.org
- ▶ **Phone & Fax:** 732-246-2525 x26
- ▶  twitter.com/NJSAP or @NJSAP
- ▶  Facebook: [https://www.facebook.com/
NewJerseySAP/](https://www.facebook.com/NewJerseySAP/)
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