

Finding Balance in Relationships

BEHAVIORAL HEALTH WELLNESS SHORTS

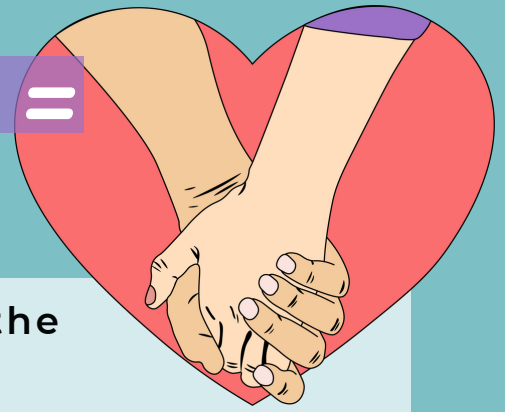
February is often considered the month of love and relationships. While love and connection can bring us much joy, relationships can also feel difficult and tiring at times.

Finding a healthy balance among your various relationships will help improve your well-being and quality of life.

Managing relationships involves more than just intimate relationships too – it's equally important to consider our personal friendships, workplace connections, and most importantly the relationship we have with ourselves!



Better Relationships = Better Health



Strong social relationships increase the likelihood of survival by 50%

People in secure, committed romantic or platonic relationships have a lower risk of heart disease than those with relationship discord

Healthy relationships help boost your heart and life's expectancy

- Improved relationships combat loneliness
- Increase resilience to stress
- Decrease the risk of depression and suicide
- Lower the risk of cardiovascular disease

WOW!

Signs of a Healthy Relationship:

COMFORTABLE PACE

The relationship moves at a speed that feels enjoyable for each person.

INDEPENDENCE

You have space to be yourself outside of the relationship.

RESPECT

You value one another's beliefs and opinions, and love one another for who you are as a person.

HEALTHY CONFLICT

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.

TRUST

Confidence that your partner won't do anything to hurt you or ruin the relationship

KINDNESS

You are caring and empathetic to one another, and provide comfort and support.

EQUALITY

The relationship feels balanced and everyone puts the same effort into the success of the relationship.

FUN

You enjoy spending time together and bring out the best in each other.

Increasing Self-Love

Self-love is the foundation that allows us to create healthy relationships with others, pursue our interests and goals, and feel proud of who we are.

SELF
LOVE



ACCEPTING YOURSELF AS YOU ARE
IN THIS VERY MOMENT FOR
EVERYTHING THAT YOU ARE!

Self-love is often associated with self-care. To practice self-care, try going back to the basics and:

- Listen to your body
- Give yourself permission to rest
- Put your phone down and connect with yourself and others
- Prioritize yourself when necessary
- Set healthy boundaries
- Silence your inner critic



Did you know...

46%

of work stress comes from workload

28%

of work stress stems from interpersonal relationships

THAT'S A LOT!

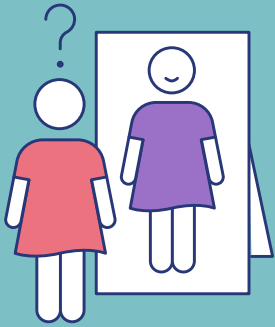
Not only can relationships in the workplace create stress... but workplace stress can also negatively affect our outside relationships

Set good work/life boundaries and aim to stay present when you're with your loved ones

This can help ensure that you're not bringing work stress home with you

Quick tips:

It's not just having any social connections that's important, it's about the quality of your relationships. Here are some tips for building and maintaining healthy relationships in all the areas of your life:



GET TO KNOW YOURSELF

Take the time to appreciate yourself and get in touch with your emotions to be able to express yourself clearly and more effectively.

PUT IN THE WORK

A healthy relationship needs commitment and willingness to be accommodating to each other's needs.

TALK AND LISTEN

All relationships have disagreements and that's ok. what matters is how you talk and listen to one another.

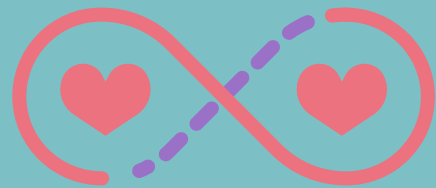


SET AND RESPECT BOUNDARIES

Setting boundaries is not only about what you don't want or like in your relationships, but also about letting the people around you know what you appreciate.

REFLECT AND LEARN

Reflect on the relationships that work best in your life, what qualities do these relationships have, and how can you bring these qualities into other relationships?



[Download the full guide here!](#)

Brought to you by your Behavioral Health Advocates from Luzerne, Schuylkill, and Allegheny Counties

Resources:

Building and maintaining healthy relationships | healthdirect
21 Self-Care Statistics For a Healthier You (2022) - Social
Life-saving relationships (apa.org)

Greater self-acceptance improves emotional well-being - Harvard Health
Self-Love and What It Means | Brain & Behavior Research Foundation (bbrfoundation.org)

Professional Relationships: Types and Tips | Indeed.com

<https://www.mentalhealth.org.uk/sites/default/files/2022-06/MHF-Healthy-Relationships-Top-Tips.pdf>

<https://www.joinonlove.org/wp-content/uploads/2022/10/10-Signs-of-a-Healthy-and-Unhealthy-Relationship-English-1.pdf>