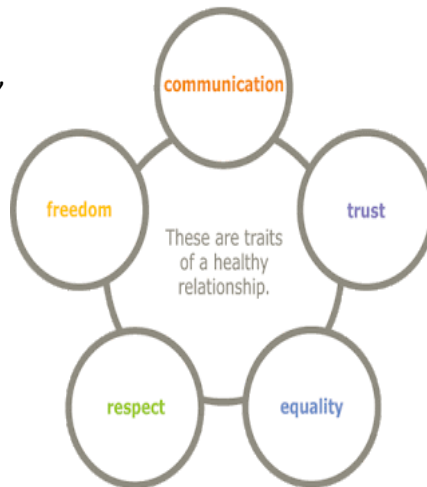


# Healthy Relationships

Establishing a healthy relationship requires effort, communication, and mutual respect. Start by fostering open and honest communication, actively listening to each other, and expressing your needs, desires, and concerns without judgment. Establish and maintain boundaries to ensure personal autonomy and respect each other's individuality. Cultivate trust and reliability by following through on commitments and being consistent in your words and actions. Show empathy and understanding towards your partner's feelings and experiences, and be supportive in times of both joy and adversity. Foster a sense of equality and shared decision-making, valuing each other's opinions and considering compromise when conflicts arise. Finally, prioritize quality time together, engage in activities that nurture the relationship, and celebrate each other's successes. Regularly reassess and communicate about the relationship's needs, making adjustments as needed.

**Effective Communication:** Foster open and honest communication by actively listening to each other, expressing your thoughts and feelings with respect, and

being attentive to non-verbal cues. Practice empathy and seek to understand your partner's perspective.



**Mutual Respect:** Treat each other with respect and kindness. Value each other's opinions, boundaries, and individuality. Avoid belittling, demeaning, or dismissing your partner's thoughts or feelings.

**Trust and Honesty:** Build trust through honesty, reliability, and consistency. Be transparent and trustworthy in your words and actions. Trust is the foundation of a healthy relationship.

**Quality Time Together:** Make quality time a priority. Engage in shared activities, have meaningful conversations, and create memorable experiences together. Regularly nurture the connection and emotional bond between you.

**Emotional Support:** Be there for each other during both challenging and joyous times. Provide emotional support, understanding, and validation. Celebrate each other's successes and offer a shoulder to lean on during difficult moments.

**Conflict Resolution:** Learn healthy ways to resolve conflicts. Focus on finding solutions rather than placing blame. Use "I" statements to express how you feel, actively listen to your partner's perspective, and work together to find compromises or resolutions.

**Independence and Interdependence:** Foster a healthy balance of independence and interdependence. Maintain your own personal interests, goals, and friendships while also nurturing the bond and shared activities in the relationship.



**Self-care. Connect**

**Contact your EAP at  
1-877-747-1200**