



ASSIST-U YOUR EAP 800.750.5595

Healthy Relationships

Developing healthy relationships at work and in your personal life is an incredible way to enhance your life. We all struggle at times with how to achieve this outcome. Understanding your role in creating healthy relationships is truly the key. Let's look at six components that may make your current and future relationships to a healthier place.

Effective Communication: **Listening** and knowing when to speak or not
Openness to new opinions/knowledge
Managing conflict and your own anger
Understanding your style of communicating as well as others
Speaking the truth in an assertive way

Self Awareness: **Understanding** your challenges and what triggers you
Allowing for you and others to grow and develop
Using your ability to process feedback from others and from experiences

Patience: **Understanding** that life is a process
Embracing the richness of differences
Avoiding judgmental views
Accepting yourself and others

Integrity: **No** undermining, rudeness, sarcasm or labeling others
Truth delivered in a caring way
Responding with fairness

Humility: **Understanding** your short-comings and others
Seeing yourself and others as a valuable humans
Trusting yourself
Forgiving yourself and others

Positive Attitude: **Life** is short – make the most of it
Cut others some slack
Be understanding of other's mistakes
Be grateful – focus on the good rather than the bad

If we can help call us at 1-800-750-5595

Assist U Your Employee Assistance