



SEPTEMBER

Fostering Healthy Relationships

Prioritize Your Mental Health & Well-Being

It is essential to pursue relationships with people who encourage healthy habits and provide emotional support. Individuals with strong, supportive relationships tend to live healthier lives, have lower blood pressure, and are less anxious. Incorporating mindfulness into their daily routine comes naturally.

A HOLISTIC APPROACH TO MENTAL HEALTH

Mental health is much more complex than a diagnosis of depression, anxiety, or bipolar disorder. Mental health is your overall emotional and mental state and well-being, which naturally encompasses both positive and negative elements. In many circumstances, positive mental health factors — such as resiliency, curiosity, and self-worth — can help you cope with adversity and lead to a healthier and happier life.

HOW SOCIAL RELATIONSHIPS IMPROVE YOUR HEALTH

Overwhelming research suggests that people with strong, supportive relationships live healthier, longer lives. Social relationships foster mental health in several ways, including:

1. *Healthy relationships can help provide people with purpose and meaning.*
2. *Your friends and family can encourage positive health behaviors such as following a healthy diet, finding work-life balance, and scheduling regular doctor's appointments.*
3. *Positive conversations with an empathetic listener can help relieve stress and help you process your emotions.*
4. *Engaging in activities like walking, yoga, playing sports or running with friends increases your energy and can release built-up tension.*

IDENTIFYING & FOSTERING HEALTHY RELATIONSHIPS

Unhealthy relationships can quickly become a stressor. For this reason, it's essential to focus on your current circle of friends and family and identify connections that may no longer have a positive impact on your mental health. Consider the following ways you can seek out meaningful relationships:

- Reach out to old friends to check in on how they're doing
- Attend a family or school reunion to connect with old companions
- Volunteer with a non-profit organization you support
- Join a social organization that reflects your interests or values
- Participate in a workplace or community gathering
- Connect with like-minded individuals that share similar diet & workout routines

Not all strategies will work for everyone, so keep an open mind until you find what works best for you. If the first approach doesn't work out, move forward with a new initiative.