

Healthy Relationships

Self. Family. Partners. Friends. Colleagues. Community



What are we talking about....

Building a relationship with yourself

Identifying your relationship blind spots

Family routines that support great relationships

Communication in relationships

Maintaining love and connection





Connect

Take
notice

Give

Be active

Keep
learning



SELF-ACTUALISATION

Desire to become the most that one can be



ESTEEM

Respect, self-esteem, status, recognition, strength, freedom



LOVE & BELONGING

Friendship, intimacy, family, sense of connection



SAFETY NEEDS

Personal security, employment, resources, health, property



PHYSIOLOGICAL NEEDS

Air, water, food, shelter, sleep, clothing, reproduction

The Value of Connection

Feelings of belonging, being loved, cared for and valued.

Improved mental and physical health

Protection against serious illness and disease

Longer, healthier lives

Increased happiness, better health and a longer life



Make the Connection

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Building a relationship with yourself

- Practice self care
- Set healthy boundaries
- Cultivate self-compassion
- Develop a healthy inner dialogue
- Explore your interests



8 types of self care



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I LOVE
myself
EXACTLY AS
I AM

livingwithtessa

I CHOOSE
MYSELF
TODAY
AND EVERY
DAY.

Self-Love Affirmations

HAPPIERHUMAN.COM

“Self love is
asking yourself
what you need

- EVERYDAY -

and then making sure
you receive it.

@firemeupquotes



I love and appreciate myself just as I am in this moment.

selfaffirmationsdaily.com

I choose to be the most confident version of myself.

www.mumtasticlife.com

**I AM
BEAUTIFUL,
SUCCESSFUL
AND
CONFIDENT.**

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Why is this important

- Know your non negotiables
- Understand your unmet needs
- Know what you like
- Have a life outside the relationship
- Know your worth
- Be resolved



Attachment

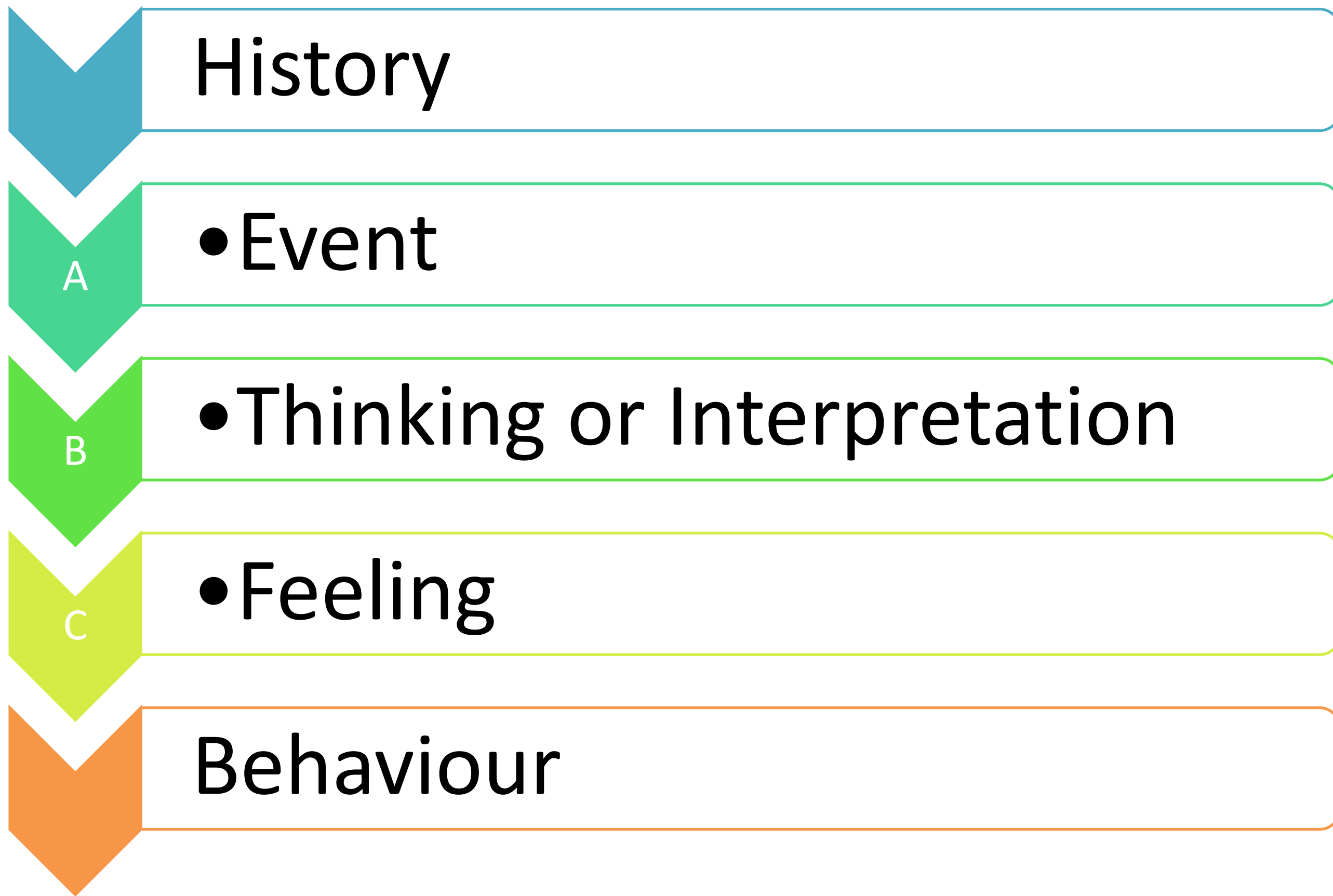
- A deep and enduring emotional bond between two people.
- The emotional bond that forms between an infant and caregiver.
- A special relationship involving comfort, care, and pleasure.
- A lasting psychological connectedness between human beings.





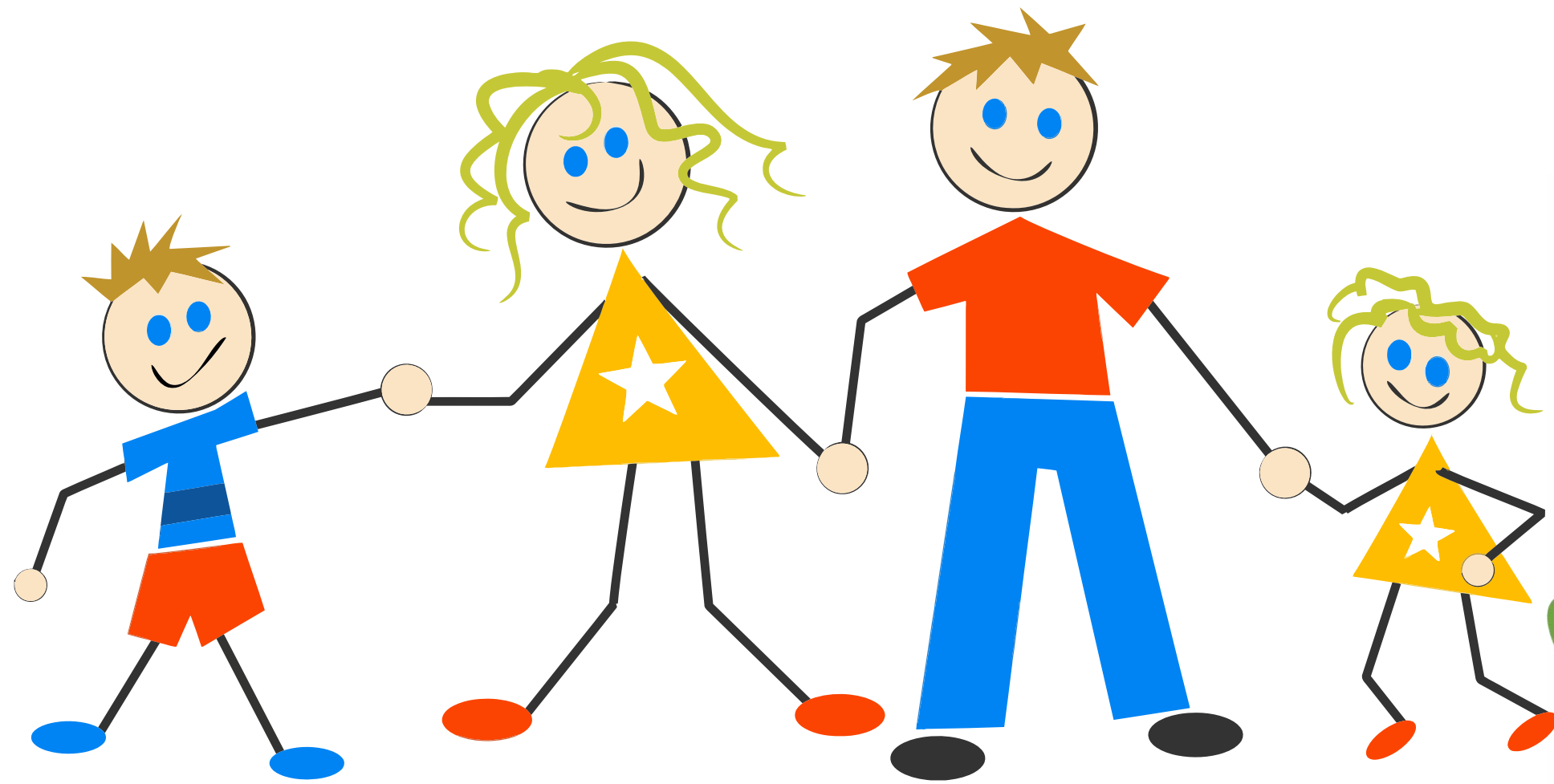
Emotionally healthy or securely attached people turn to people for their emotional needs.

Emotionally unhealthy or those with insecure attachments turn to 'stuff'

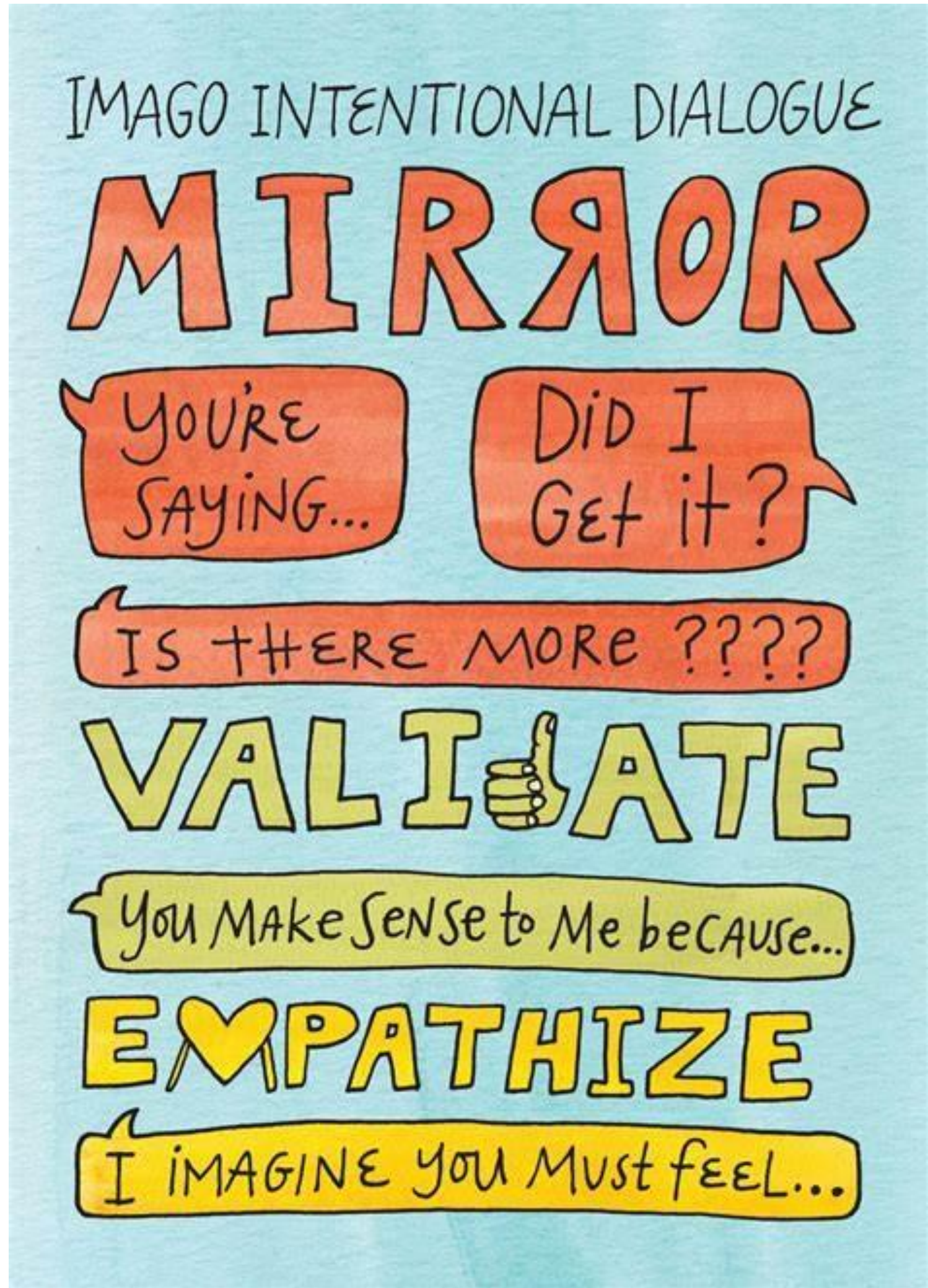


Routines that Support Family Relationships

- Create a warm atmosphere
- No cell phones/screens in the car, at the table or in bedrooms
- Limit TV time
- Partner time/date night
- Dedicated kid time
- Family 'pizza' night
- Talk time
- Talking spoon
- Time not gifts

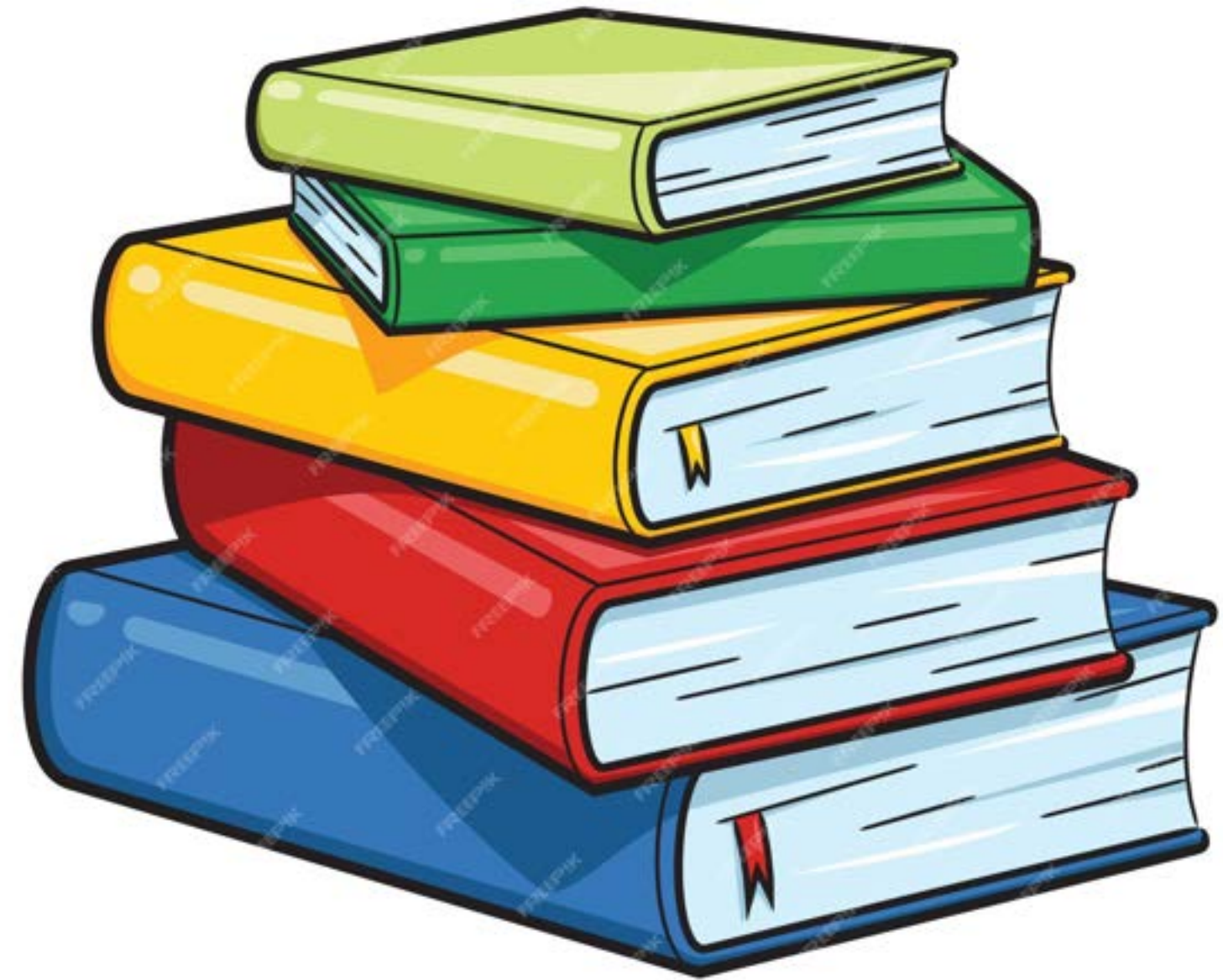


Communication in Relationships



Want to take the conversation further

- Getting the Love you Want
- Imago relationship therapy
- Attachment
- 5 Love Languages
- Fireproof your marriage





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