



# Healthy relationships

You've probably noticed that if the relationships in any part of your life become unhealthy, your day can feel tough. Fortunately, you can improve relationships at home, work, school and elsewhere in the community. Try these tips to strengthen your connections.

- First, treat others with kindness and respect, just as you'd like to be treated (i.e., the Golden Rule).
- Show interest in and appreciation for others. Ask people questions about their activities, and express encouragement and admiration for their efforts.
- Expand your circle of friends so you don't miss out on the great diversity of people all around you.
- Always work at relationship building. For example, offer an unexpected kindness or strike up a conversation with someone at work who's new to you.
- Listen actively, without distraction, so you understand the concerns, needs and priorities

