

EMPLOYEE ASSISTANCE PROGRAM

REVITALIZING RELATIONSHIPS

Happy Relationships Can Improve Health and Longevity

Healthy relationships are not only emotionally satisfying, they can also help you live longer. There is compelling evidence that people who have strong ties with family and friends are happier, healthier, and less likely to die prematurely. Conversely, people who are isolated from others and have few social supports are more likely to develop depression, heart disease, cancer, dementia, and other medical problems. Chronic loneliness is a serious health risk.

Maintaining relationships is not always easy in our busy lives. We may take our significant others for granted, neglect old friends, or 'not have the time' to be involved in the community. However, revitalizing important relationships is well worth the effort. Here are some tips to nurture and refresh your relationships with the people who are important in your life:



- **Plan time for your relationship on a regular basis.** For couples, this may be a standing date night every week. For friends or family, it may be a monthly get-together for coffee or dinner. The important thing is to connect with the other person and make this time a priority.
- **Surprise the person with random acts of kindness.** When was the last time you gave your partner a card or gift for no particular reason other than that you were thinking of him or her? Small things can mean a lot.
- **Show your appreciation. In long-term relationships, it's easy to take things for granted.** Practice noticing the positives and thanking your partner for the things he/she does to make your life easier. We all like to feel valued and appreciated.
- **Share your thoughts and feelings. Being open can bring your relationships to a deeper level.** Talking things out with people you trust can also help reduce stress and give you a clearer perspective.
- **Let go of past conflicts or slights. Resolve disagreements and avoid hanging on to the past.** Resentment can fester and eventually erode a relationship. Ask yourself if you'd rather be "right" or happy?

While any relationship may feel stale or rocky at times, there are always ways to change up the routine. Try one thing today to refresh an important relationship, whether it's thanking or complimenting your partner, calling a friend you haven't seen in some time, or checking in with family.