

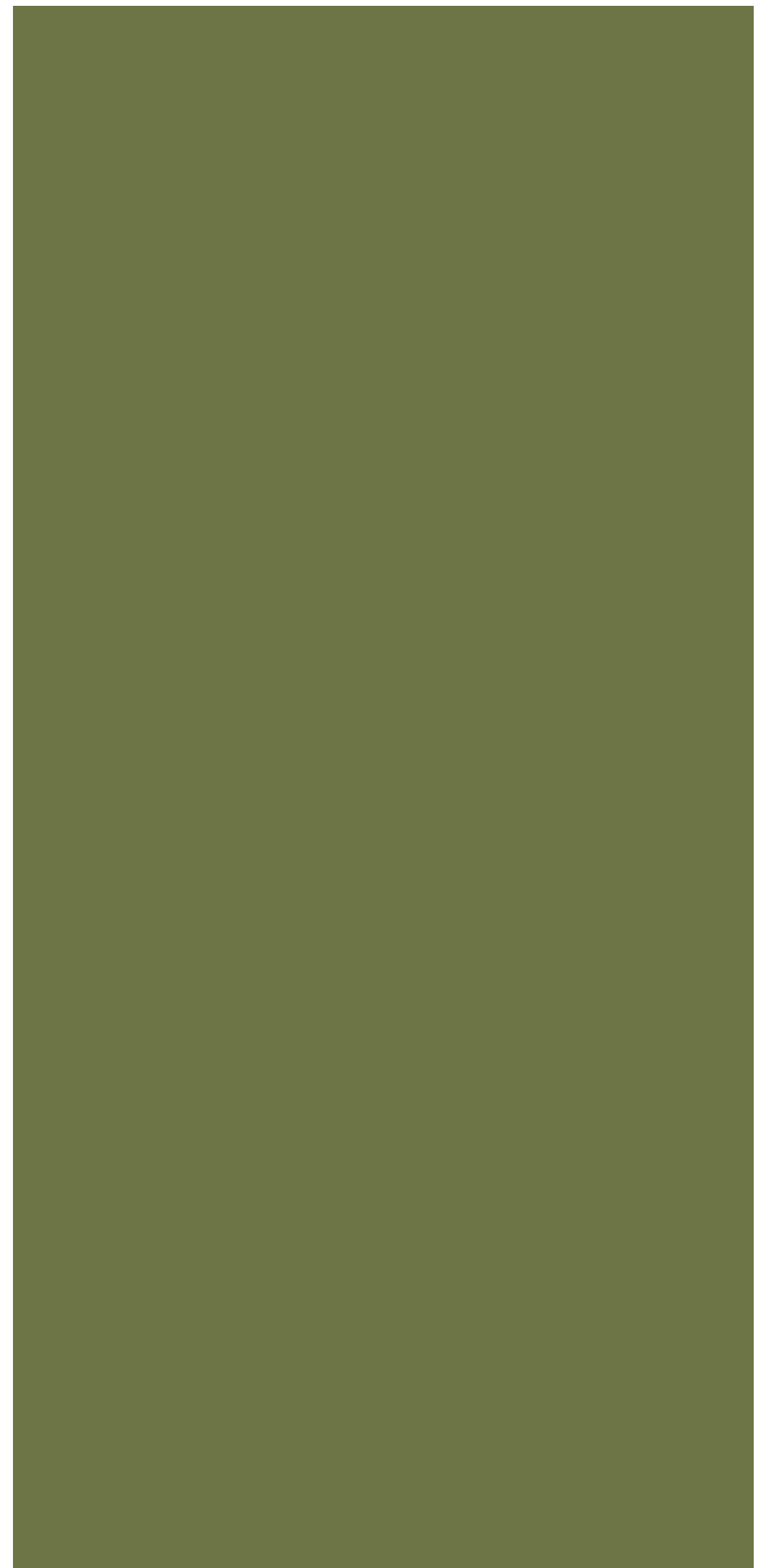
Relationships: Navigating Through Difficult Relationships



Harvard research suggests meaningful relationships are a prescription for better emotional, mental and physical health. The Harvard study of adult development is possibly the longest study ever conducted, and in the end, they found that having close relationships is what keeps people happy in life.

Research also points out that strong healthy relationships can also strengthen our immune system, help you recover from disease and may even lengthen your life. It's not just the number of friends you have, and it's not whether or not you're in a committed relationship, but it's the quality of your close relationships that matters. Living in conflict or within a toxic relationship is extremely damaging to mental wellness.

In this 2 hour program, you will get insights into the forgotten foundation of mental health and wellbeing – Relationships.



Content

A. Introduction

B. Cultivate relationship building attitudes

- Response vs reaction (active constructive responding)
- Which dependence is the best

C. Awareness

- Attachment styles
- 5 layers of self

D. Conflict Management

- Solution-Focused Approach
- Relationship Breakers and their Antidotes

