

FEELING THE LOVE: NURTURING YOUR RELATIONSHIPS



February is known as the month of love thanks to Valentine's Day!

Whether it is family, friends, a romantic partner, or yourself. There are several ways to nurture your relationships! Here are some ways to ensure your relationships are happy and healthy.

Communication is Key!

In any relationship, communication is a key component! By communicating your wants, needs, and concerns, this lets the other individual know what is going on and allows the opportunity to brainstorm solutions!

Set Boundaries

Setting boundaries is an important part of any relationship. Not only does setting boundaries protect your peace, it is also a crucial part of self-advocacy. Knowing what you are / are not comfortable with in all your relationships prevents feeling walked over and builds healthy communication.

Express Gratitude Often

Take a moment daily to appreciate the good stuff. Share what you love about each other, or simply say "thank you." It's like sprinkling kindness confetti – small gestures that make the relationship sparkle.

Celebrate Small Wins

Life can be tough, so let's celebrate the victories, no matter how tiny. Whether it's acing a project or just getting through a hectic day, acknowledging and cheering for each other's triumphs creates a positive vibe.

Plan Small Adventures

Spice up your routine by planning little adventures or cozy nights in together. It could be a walk in the park, cooking a meal together, or even a movie night. These small moments build a strong foundation for happiness!

Small Acts of Kindness

Doing small acts of kindness is one way to show appreciation to your loved one! Whether it's a quick text, phone call, or a surprise treat, showing kindness goes a long way!

Actively Listen

Actively listening means putting away distractions and truly focusing on what your partner is saying. Show that you value their words by maintaining eye contact and putting down your phone or other distractions. Reflect on what they said and ask clarifying questions. There is a difference between hearing and listening!

How will YOU nurture your relationships this month?

Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.