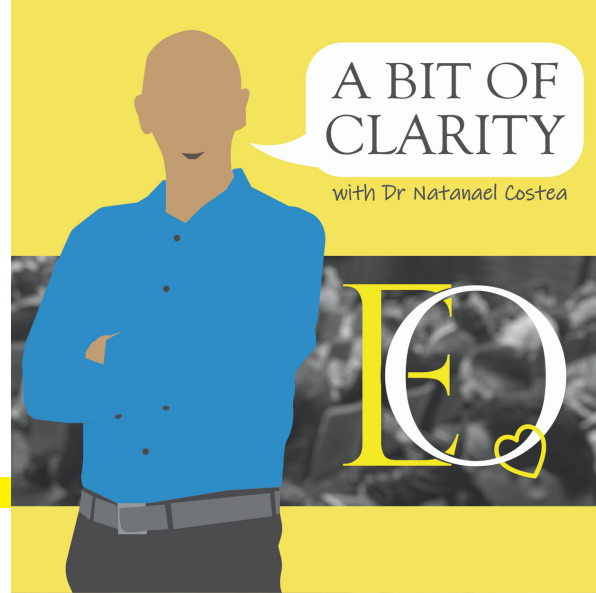


# EP 049

## POSITIVE RELATIONSHIPS



### SHOW NOTES

#### OBJECTIVE

> Develop an understanding of positive relationships.

#### UNDERSTANDING POSITIVE RELATIONSHIPS

**Positive relationships** can be defined as developing and maintaining positive interactions with other people and with local and global communities. One of the most profound experiences we can have in our lives is the connection we have with other human beings. Positive and supportive relationships will help us to **feel healthier, happier, and more satisfied** with our lives.

#### THREE LINKS TO SOCIAL WELLBEING

- 1. Behavioral** - Social bonds such as those with partners and friends can influence our health habits and behaviors, which can influence our health and longevity.
- 2. Psychosocial** - Social support can reduce stress and enhance emotional and psychological wellbeing, positively influencing health behaviors and physical health.
- 3. Physiological** - Positive relationships can boost cardiovascular, immune, and endocrine responses, which can affect longevity and health in the long run.

#### BUILDING POSITIVE RELATIONSHIPS

- > **Accept and celebrate** the fact that we are all different.
- > **Actively listen** to hear what other people have to say.
- > **Give people time** and "be present" when you are with them.
- > **Develop and work on** your communication skills.
- > **Manage mobile technology** and be aware of its pitfalls.
- > **Learn to give and take** constructive feedback.
- > **Open your heart** and find the courage to trust.
- > **Learn to be more understanding** and empathetic.

#### APPLICATION

> Identify three to five personal relationships you currently have and write down three personal benefits for each.

#### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
- > Subscribe on [Apple Podcasts](#)
- > Subscribe on [Google Play](#)

#### CONNECT

- > Facebook: [www.facebook.com/eq.org.au](http://www.facebook.com/eq.org.au)
- > Instagram: [www.instagram.com/eq.org.au](http://www.instagram.com/eq.org.au)

