

BUILDING HEALTHY RELATIONSHIPS

A guide to building meaningful connections

Healthy relationships are rooted in mutual respect, trust, and open communication. They create space for individuals to grow, feel supported, and be their authentic selves while honoring each other's boundaries.



DAILY TIPS TO STRENGTHEN YOUR RELATIONSHIPS

- Check in with your loved ones. A simple "Are you okay?" can make a big difference.
- Practice active listening by being present and open to what is being shared and avoid interrupting.
- Value and respect each other's thoughts, feelings, and individuality.
- Set and honour each other's boundaries. It's okay to say no.
- Build trust through consistency, honesty and reliability.
- Encourage and celebrate each other's growth and successes.
- Offer help but also don't be afraid to ask for help when you need it.
- Make time for quality connections, even 10 minutes of undivided attentions matters.



RECOGNIZE UNHEALTHY PATTERNS

What to Watch Out For: Unhealthy relationships can impact your mental and emotional health. They can drain your energy and affect your self-esteem. Recognizing the signs early can help you protect your peace and make empowered choices.

Common red flags:

- Constant criticism, control or belittling
- Dishonesty or lack of trust
- Feeling anxious, drained or unsafe
- Disrespecting boundaries
- Manipulation, bullying, gaslighting or emotional blackmail
- Blame shifting and refusal to take responsibility
- Stonewalling or shutting down communication

If you notice red flags:

- Trust your gut. If something feels off, don't ignore it.
- Have a direct conversation. Express your concerns calmly and clearly, using specific examples.
- Seek support. Talk to a trusted friend, mentor or counselor. You don't have to go through it alone.
- Know when to walk away. If a relationship consistently harms your well-being, it's okay to step back or end it.



OUR TAKEAWAY:

Healthy relationships begin with a healthy you. Choose kindness, communicate openly, and nurture connections that uplift and empower you. The more love you give yourself, the more love you have to share.

