

Building Positive Relationships

It Starts With You!

Say “thank you” every day to change your attitude about life.

Practicing gratitude rewires our brain to think about positive things, the things that we have going for us, instead of the things we do not have and that can leave us feeling frustrated and unhappy. How? Create a gratitude journal & write in it 5 minutes each morning when you wake up or just before you go to sleep; list 3 things you are grateful for in your life right now.

Always believe that you can do anything you set your mind to.

If you believe you can think more positively, you can make it happen.

Make happiness a habit and not an end goal.

A happy life cannot exist without creating it. Every day you need to actively look for what you can do to become happier, instead of expecting life to just become happy on its own. Apply positive psychology to the way you lead your life, and you will feel a more positive impact on your attitude, your motivation, and your relationships with people.

Do one small thing every day that makes you feel good.

What activity do you enjoy doing outside of work? (Examples: Spending time with a friend or significant other, reading a book.)

Replace saying “I can’t do this right now” with “Why not?”

Next time you feel like procrastinating, rather than immediately saying “I can’t” ask yourself where the resistance is coming from. Be honest with yourself.

Don’t waste time talking to toxic people and taking Facebook updates seriously.

Toxic people may claim they are your friends, but they are not. It is easy to get sucked into the latest social media updates. Try to take everything you see and hear with a grain of salt. Chances are the pictures and updates are not your friends’ reality; it’s the version of their reality they want you to see.

Work hard to let go of anger and resentment.

Disappointment and feeling like you were treated wrong in some ways are a normal part of life and at some point, inevitable. You cannot always control every event or situation, but you can control how you react to them. In many cases it’s better to let go, learn from the situation, and move forward.

Develop a positive attitude towards your mistakes.

Making mistakes is a normal part of life; how you approach them is what matters. Try a different strategy of viewing your past by forgiving yourself for mistakes that you made. Reflect on them, learn from them and let them go.

Take a closer look at the best version of you.

Instead of being overly self-critical about everything you do or have done wrong, switch to looking more closely at the best version of yourself; the version of you that you strive to be and always wanted to be.

“The relationship with yourself sets the tone for every other relationship you have.”

~ Robert Holden

CHOOSE HAPPY

Focus on Positive Relationships



It starts with YOU. Practice these tips for building healthier relationships at home and at work.

- Keep expectations realistic and accept people as they are.
- Communicate effectively and genuinely listen.
- Be flexible. Allow change and growth.
- Be dependable. Follow through with your plans.
- Be yourself! It's easier and more fun to be authentic.

Clinic Name: _____

Hours: _____

Phone Number: _____

For more ideas or information, see your onsite Business Health Representative.



Improving Positive Relationships Activity

Healthy relationships have been shown to increase happiness and reduce stress. Even though every relationship is different, there are very simple ways to make relationships healthier. The activity list below applies to all types of relationships: family, friendships, work related, romantic partnerships, and the relationship you have with yourself.

Challenge for the month: Use the activity list below and practice at least one of these each day for the month of August. Use the calendar to log your daily activities. You can use an activity more than once.

Positive Relationships Activity List

- Offer help to someone
- Compliment a co-worker
- Leave someone a happy note
- Make somebody laugh/smile
- Call/text a friend or family member you haven't heard from for awhile
- Take a few deep breaths and smile
- Cook a meal for someone
- Make a list of things you appreciate about yourself
- Do someone a favor
- Complete a task that makes you happy
- Tell a loved one how much they mean to you
- Hold the door for someone
- Seek to make a compromise
- Acknowledge someone else's good behavior
- Activity of your choice!



Participant Name: _____

Participant Contact Information: _____



Use this calendar to track your progress this month.

Positive Relationships Challenge

GOAL: Each day write down one activity you completed from the positive relationships activity list.

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			