Relationships

Relationships are an important part of our lives and can play a significant role in our emotional wellbeing.

Relationships can look many different ways, from family relationships to friendships, romantic relationships and professional relationships such as a professor and student. All relationships take work and effort to build, maintain, and sometimes even end.

The tools provided here are designed to help you:

- Form healthy, happy relationships by improving relationship skills
- Navigate the often unpredictable challenges of relating with others
- Endure the discomfort of ending relationships

These skills and tools are meant to apply to all kinds of relationships including but not limited to

- Parents
- Siblings
- Friends
- Roommates
- Coworkers
- Professors
- Romantic partners

On the side bar you can find links to different tools and resources that will help you navigate your relationships and improve relationship skills.

Photo adapted from: innerbonding.com

Health Topic Photo:
Video Transcription:

So... I think for me like the little things that partners do for one another to show their love and to show their appreciation like like bringing home your favorite snack when you know it's been a rough week.

Mary] For me being supported. I am a musician so it's important to me that someone that I'm with would go to my shows or like listen to it.

It's important to have trust and honesty being able to be authentically yourself because if you're not comfortable to really be yourself it defeats the purpose of being in a relationship.

I think what's really important about having a healthy relationship in any capacity is communication and feeling like you can express yourself and be transparent.

Your friends can also tell you things about yourself that you had no idea even existed.

yeah.

I was in office hours and I was like "I have a headache I'm really tired" and Mary brought me coffee.

With my baes we do everything together. We communicate often and honestly. We call each other on...our bull pretty much.
The person you're dating should also be your friend.

Because you know life can be very stressing so being able to take the time and say "You know what Caress? I'm gonna need you to simmer down and make yourself happier. You know, appreciate yourself.

Keep track of yourself and say this is what I like and this is what I want because I think it is sometimes hard to get the clarity of yourself to be able to love yourself.

You can't fill up someone else's cup if your cup is empty.

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