

RELATIONSHIP WELLNESS

Healthy relationships not only constitute romantic relationships but all types of relationships. The Oxford Dictionary defines relationships “*the way in which two or more concepts, objects, or people are connected, or the state of being connected*”. Therefore relationships are broad and wide spread throughout our lives whether they be romantic, professional, family, or friendship in origin.

The Mass Gov website defines healthy relationships in its RESPECTfully Campaign (<https://www.mass.gov/respectfully>) as being built on respect, honesty, and open communication and share certain characteristics that everyone should expect, and both people should follow.

Recent research demonstrates the importance of healthy relationships and how they contribute to good health, well-being and survival.

Toxic relationships cause anxiety, fear and stress and lead to other feelings of worthlessness, anxiety, fear, depression, paranoia, insecurity and are dangerous to health. Therefore need to be addressed in the discussion of relationship wellness.

Below are some resources for recognizing unhealthy/toxic relationships and recognizing and building healthy relationships. Check back for more resources.

TIPS FOR A HEALTHY RELATIONSHIP

7 Ingredients for a Healthy Relationship

<https://www.google.com/amp/s/www.psychologytoday.com/us/blog/the-truisms-wellness/201612/the-7-ingredients-healthy-relationship?amp>

Why Positive Relationships Are Needed for Emotional Health

<https://www.psychologytoday.com/us/blog/the-new-resilience/201409/why-positive-relationships-are-needed-emotional-health>

10 Tips for a healthy healthy relationships

<https://www.amherst.edu/campuslife/health-safety-wellness/counseling/self-care/healthy-relationships/10-tips-for-health-relationships>

IDENTIFYING TOXIC RELATIONSHIPS

One of the first steps to developing healthy relationships is being able to recognize that perhaps something is wrong, unhealthy or toxic with one or more of your relationships. Awareness is so often the the very first step of being in the solution of building and having healthy relationships.

Toxic Relationships

<https://www.psychologytoday.com/us/blog/the-time-cure/201308/toxic-relationships>

How to Recognize Toxic Individuals and Toxic Relationships

<https://www.psychologytoday.com/us/blog/happiness-is-state-mind/201708/how-recognize-toxic-individuals-and-toxic-relationships>

Detox Your Relationships

<https://www.psychologytoday.com/us/blog/the-truisms-wellness/201609/detox-your-relationships>

STRONG EMOTIONAL CONNECTIONS IN RELATIONSHIPS IS A PUBLIC HEALTH PRIORITY

Life-Saving Relationships <https://www.apa.org/monitor/2018/03/life-saving-relationships>

FINDING A THERAPIST

<https://www.psychologytoday.com/us/blog/the-truisms-wellness/201610/5-steps-navigating-or-leaving-toxic-relationship>