



Nurturing Healthy Relationships

Sometimes we take relationships for granted: We're busy with our own lives and issues and forget to let the people we care about know how much we appreciate them. All it takes to change that is a little effort and creativity. Try the following ideas for relationships with co-workers and friends.

Friends

Friendships based on trust and respect never fade. But there are ways to ensure that they survive the test of time:

- Listen when a friend mentions an item he or she has wanted; surprise him or her with it at a later date.
- Make it a rule to update your personal phone book every six months; it gives you a chance to catch up with old friends.

Co-workers

You spend a lot of time with people at work. Try these ideas to let them know how much they mean to you:

- Make their favorite foods as a surprise.
- If you see a television show or magazine article that would interest a co-worker, email them a link to the show or bring in the article.
- If someone has helped you out, let his or her supervisor know with a quick email.

Here when you need us.

Call: 888-972-4732

TDD: 800.697.0353

Online: guidanceresources.com

App: GuidanceResources® Now

Web ID: STATENV

