

ON THE ROAD TO

Better Relationships

Have healthier relationships with family & friends.

2

SPEND TIME SHARING

Spend time listening – focusing on the things that are important to your friend. Openly express what's happening in your life.



2

1

1

REACH OUT

Want to rekindle some of your once closest relationships? Start by reaching out – by phone, text or social media.



3

SET A SCHEDULE

Set up regular times for you to call or meet up with family and friends.



4

4

MAKE IT A TWO-WAY STREET

Follow up with friends and family regularly. When problems arise, share your feelings with humility and compassion.

Why do we need relationships?

Research shows that having strong relationships with people can extend your life, protect you from the effects of stress, and keep your mind sharp as you age.