

# Relationships that Nurture

Healthy relationships with family, friends, and co-workers help create joy in your life and provide support when things get tough.

## Listen up

Strive to be a good listener. Focus on what the other person is saying, try not to interrupt, and don't appear judgmental.

## Reach out

Keep in touch with the people you value in your life.

## Connect

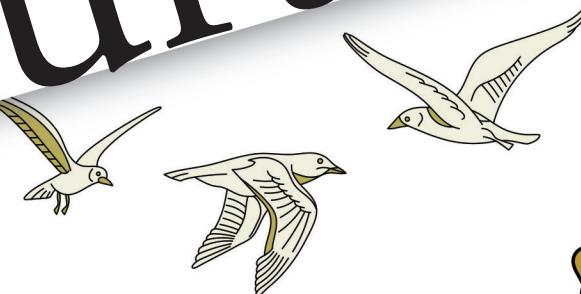
If you are feeling lonely, join a club or support group to increase positive relationships in your life.

## Advice

Seek expertise from a licensed therapist if you need help solving a relationship problem.

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