

Greetings Healthy Boilers,

Social interactions and relationships are part of being human. Building and maintaining healthy relationships are important for our physical and mental well-being in both our professional and personal lives. The importance of social wellness is also highlighted within Purdue's Healthy Boiler Program. Learn more [here](#).

Have you ever wondered how you can build stronger and more positive relationships? Try incorporating some of the following tips into your daily life!

- **Actively listen.** When most people have a conversation, they are thinking about the next thing they are going to say rather than really listening to whomever they are having a conversation with. Show people you are listening to them by nodding, paraphrasing what they are saying, or asking more questions. Showing your interest in what others are saying will make them feel heard and understood.
- **Give people your full attention.** Similar to actively listening, avoid distractions when having a conversation. We live in a world where multi-tasking is valued. However, trying to have a conversation with someone while they are on their phone texting or answering an email can make people feel unimportant. Put down whatever you are doing, respond to that text later, or wait to scroll through social media until the conversation is over. Practice being fully present, not just physically, but mentally too.
- **Communication is key.** Practice your communication skills. Be patient. Learn to rephrase sentences to fully express what you mean. This will help others to fully understand you and to feel understood.
- **Show your appreciation.** Too many people focus on the negatives and only look for things that could be improved or done better. Try showing others and yourself appreciation for the work or kind gesture they did for you. Saying "thank you" and telling others you appreciate them can go a long way in developing positive relationships with others.
- **Aim to understand and empathize.** Having opinions and judgements about others is part of being human. However, instead of jumping to conclusions, try to approach people and situations with an open mind. We are all different and were raised differently. Embrace and celebrate our differences.
- **Practice kindness.** Practice a small act of kindness every day. Say "thank you" more often, smile at people, wish a stranger a "good morning" or hold the door for someone. Whatever act of kindness you do every day, know that people remember how you make them feel, not necessarily what you say.

Developing positive social relationships can have a huge impact on your well-being and help you form a community you can depend on and love to be a part of.

Learn more

If you would like more tips on how to develop strong, positive relationships, book an appointment with a Purdue [health coach](#)! Health coaches are available to meet with benefits-eligible employees from all campuses in-person or via phone.

To schedule with RN health coaches ([Cheryl Laszynski](#) or [Whitney Soto](#)) at the CHL, call 765-494-0111. To schedule with Lindsay Bloom, health coach at Purdue Fort Wayne, call 260-481-6651 or email lbloom@pfw.edu.