

# The Power of Positive Relationships

Positive, healthy relationships are vital for our well-being. We rely on one another for care, love, honesty, laughter, and encouragement. A positive relationship is mutually supportive: a two-way street where you have balanced moments of giving and receiving.

**Why Positive Relationships Rock:**

- + Boosts happiness, health & longevity
- + Lowers stress
- + Improves emotional well-being
- + Enhances brain health

## Nourish Your Existing Positive Relationships

**Listen** with your eyes and ears – There is no better way to show care and respect for others than to listen fully when they speak. Be present with your ears, and notice shifts in body language with your eyes.

**Speak** from your heart – Say what you mean. Mean what you say. Say it without being mean.

**Express** gratitude – Share authentic appreciation on a regular basis for both significant gestures as well as the small, everyday things that we sometimes take for granted!

The choice to work on a relationship (as long as it is not abusive) is sign that you desire positive relationships. Even the best of relationships require attention, work, and hope at times.

**Invest** time and effort – Accept others as whole and complete and expect them to do the same with you. Commit to spend time together, practice forgiveness and allow each other to be vulnerable.

**{ V } \* Vfeb** has evolved as Dartmouth's annual student-led campaign to promote gender equity and end gender- and power-based violence. Build a supportive culture together – check out the events and performances!

\* **Upstaging Stereotypes**  
(2/27 6 PM @Collis Commonground)

\* **Voices** (2/20 7 PM @Spaulding)

\* **The Vagina Monologues**  
(2/12 7 PM @Spaulding)

and other events (look out for blitzes!)

## Create New Connections

Easier said than done, the only way to form new connections is to put yourself out there. Think about different situations that might work for you, like:



Joining a new club



Volunteering



Starting a new hobby and inviting others to join



Reconnecting with friends or family

Remember, it isn't the quantity of relationships that you have, but rather the quality that brings about feelings of connection and belonging that have a positive impact on your well-being.

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