SEPTEMBER 2020

The Healthy Relationship Issue:
Communicate with Confidence
Foster Healthy Relationships
Those Who Cook Together
Be a Better Listener
COMMUNICATE WITH CONFIDENCE

Power of Effective Communication
In both professional and personal settings, improved communication skills can reap endless benefits. Build trust, effectively solve problems, improve relationships, and lead with clarity by practicing effective conversation and listening skills. If you are struggling in certain relationships, start by taking a closer look at how you typically communicate.

Practice the Pause
"Pause before judging, accusing or assuming." 90% of being a good communicator is being a good listener.

Focus First On
- Becoming a better listener
- Being less egocentric- don’t try to relate to or answer everything
- Communicating without distraction- be present and avoid looking at a screen
"NO RELATIONSHIP IS ALL SUNSHINE...

but two people can share an umbrella and weather the storm together."
FOSTER HEALTHY RELATIONSHIPS

You MUST put the work into it.

For many, professional and social relationships are strained due to social distancing. For others, family relationships are being challenged from added stress or being home together more often. Either way, it's important to remember that healthy relationships represent one of the most vital aspects of the human experience. There is a significant link between quality social relationships and improved health.

Steps to Improving Your Relationships:

- Practice more self-love and self-care: It is tough to be patient with others, if you cannot be patient with yourself.
- Make the time: Set dates, appointments or tweak your schedule to designate undistracted time for loved ones and friends.
- Show more appreciation, even for the small things.

LOVE IS...

"A two-way street constantly under construction."
Those Who Cook Together....

Everyone is looking for new ideas to stay entertained while being at home. Make it a goal to **cook meals together with family members or friends you are social distancing with.** Try a monthly subscription box or pull out an old recipe book. Put on some good music and have fun together while you cook. **Try one of these simple recipes to get started:**

- Roasted Sweet Potato Zucchini Tacos
- Individual White Chicken Pizzas

"As wonderful as it is for a family to eat together, it's even better when family members cook together."

- Chef Paul Prudhomme

Our Isolated Loved Ones

Are you one of the few visitors or companions for an elderly parent or friend? Due to social distancing, many at-risk and elderly people are forced to be more isolated than before. You may already be delivering groceries or meals, but how about spending time cooking together? Prepare meals together or ask your loved one to teach you how to cook one of their favorite recipes.
We are all in this together!

The SB Wellness Team believes that by living well, we are able to better foster healthy relationships with those around us. Stay connected with your team and keep each other inspired to practice daily healthy lifestyle habits.

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