

RELATIONSHIPS TOOLKIT

Our relationships have a profound influence on our self-perception, our habits, and our health. Only when we cultivate healthy relationships with ourselves and others can we tread the path of true wellness.

The Relationships Toolkit is built to enhance your well-being, physical awareness, and genuine connection with others. Learn from the experts and practice these simple, effective skills to improve your relationships.

Listening To The Ones You Love

So much conflict is rooted in running our internal scripts on a loop. Read Dave Isay's NPR talk, **How do we change when we really listen to the ones we love?** to see how we can transform both our own internal narratives and our relationships through the power of active listening.

Speak From The Heart

One of the Four Intentions of Council is to "speak from the heart." In practicing this, it is important to say what you mean and mean what you say - to stretch yourself without over-editing. It is in this space of open-hearted vulnerability that we can build genuine connections and relationships with others.

You Aren't At the Mercy of Your Emotions



So many of our thoughts and decisions are dictated by our feelings; emotions regulate many of our choices. But is this the best approach to our relationships and decision-making?

Check out Dr. Lisa Feldman Barrett's **Ted Talk** on how our brains create our emotions - and we may have more control over them than we think.

The Power of Vulnerability



Watch Dr. Brené Brown's popular TED Talk on the power of vulnerability for a funny, warm, and thoroughly-researched approach to relationships.

Powerful Podcasts + Food for Thought

Check out this specially curated list of powerful podcasts on love, relationships, and gratitude:

- "Where Should We Begin?" with Esther Perel
- The Best Relationship Advice from Oprah's SuperSoul Conversations
 - Ceremony, Relationships And Communal Living from Under the Skin with Russell Brand
- Tara Brach's Gratitude: Entering Sacred Relationship

Do You Love You?

As a social being, your relationships have a direct impact on your mental, emotional, spiritual, and physical well-being. But how often do you assess your relationship with yourself?

Here are some ways you can cultivate a healthy practice of self-love:

- Check-in with your body through meditation, exercise, or just breathing

- Assess where you are on Maslow's Hierarchy of needs

- Make time to do things that bring you joy

- Stay curious; follow your curiosities and try new things



- Be kind to yourself. Talk to yourself as if you're talking to a good friend

- Develop calming and coping skills for when the going gets rough

- Help someone else, volunteer, give back to your community



Center for Council provides programs and training that promote communication, enhance well-being, build community, and foster compassion.

We believe that healthy and cared-for individuals create stronger and more resilient communities.

We're devoted to building a world that is rooted in compassionate communication and a deep understanding of our human interconnectedness.

Thank you for your generous gift to help us expand our Council community and for your commitment to your own self-nourishment.

For more information on our work please visit centerforcouncil.org