## MENTAL HEALTH NEWSLETTER

## October

WE ARE ALL SURROUNDED BY RELATIONSHIPS... ROMANTIC, FRIENDSHIPS, FAMILIES.
HOW DO WE KNOW IF WE ARE IN A HEALTHY RELATIONSHIP?

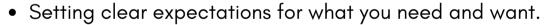
Signs of a *healthy* relationship:

- Mutual respect
- Trust
- Honesty
- Support
- Fairness/equality
- Separate identities
- Good communication

Signs of an *unhealthy* relationship:

- Control
- Hostility
- Dishonesty
- Disrespect
- Dependence
- Intimidation
- Violence

## HOW DO WE SET HEALTHY BOUNDARIES?



- Respecting the needs of your partner and/or friend
- Personal exploration about what behaviors/actions you will not tolerate.
- Open communication.

## WANT TO LEARN MORE ABOUT HEALTHY RELATIONSHIPS?

• Look out for more information on the Healthy Relationships group with Ms. Arroyo Santiago & Ms. Keane!



Homestead Art Therapy & Counseling LLC is hosting *Holding On, Letting Go:* A Fall Retreat for Moms on October 23, 2022 from 8:30 AM – 4:30 PM. Contact sarahesarahboonecounseling.com for more information on pricing and details.

