



# BUILDING HEALTHY RELATIONSHIPS

ESSENTIAL FOR BUILDING

## EFFECTIVE COMMUNICATION

is essential for building healthy relationships, fostering understanding, resolving conflicts, and establishing trust.



## SETTING BOUNDARIES

and respecting personal boundaries in relationships promotes mutual respect, emotional well-being, and healthy dynamics.



## ACTIVE LISTENING SKILLS

such as paraphrasing and empathetic responses, enhancing understanding, and strengthening connections with each other.



## PRACTICING SELF-LOVE AND SELF-CARE

is essential for building healthy relationships, fostering understanding, resolving conflicts, and establishing trust.

