

# Healthy Relationships



Healthy relationships are important to your overall health; they must be rooted in trust, love and support in order to succeed. If abandoned or neglected, relationships may weaken. Below are a few do's and don'ts for maintaining healthy relationships.

## Do:

- Encourage with positive words
- Provide emotional support and be available through tough times
- Respect each other's differences
- Always tell the truth
- Be a great listener
- Have compassion
- Have fun! Don't take life too seriously

## Don't:

- Tear down with harsh words
- Be indifferent to the other person's problems
- Lie
- Always be the one talking
- Only do activities that you like to do
- Always change plans at the last minute
- Look for the negative in situations

## Fun activities you can do to promote healthy relationships:

- Cook a meal together
- Play a board game
- Take a walk in a nearby park
- Visit family together
- Watch a favorite movie
- Go shopping
- Walk around the local farmers market
- Have a picnic
- Attend a free concert
- Tour estate sales in your neighborhood

MeridianComplete is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

