

# 3 C's of Healthy Relationships

*There are three pillars of healthy relationships, all of which work together to create a loving, respectful family:*

## Connect:

**Engage your loved ones by listening and giving them your full attention**

## Care:

**Show that you care about your loved ones' health, happiness, fears, passions, future plans, and dreams.**

## Contribute:

**Contribute to your loved ones' well-being through encouragement, support, understanding, time, and energy.**

*How are you demonstrating the 3 C's to your family?*

*Are there any pillars that require some more of your attention or that you've been neglecting?*

*In consideration of your own well-being and self-compassion, are you connected, caring, and contributing to yourself?*