



# Healthy Relationships

Relationships and friendships – whether they are a significant other, friends, family, or coworkers – can have a major impact on your health and mental well-being. Adults with strong social support have a reduced risk of many significant health problems including depression, high blood pressure, and an unhealthy body mass index (BMI). Studies have even found that older adults with a rich social life are likely to live longer than their peers with fewer connections. However, it's not always easy to build or maintain relationships, especially during a pandemic when face-to-face interactions are limited.

This theme will provide you with resources on the differences between healthy and unhealthy love, couple conflict during Covid-19, separation and divorce, how to build and maintain relationships, and resources available to you when experiencing abuse.

For this month's theme, we have provided you with a short TED Talk called "The difference between healthy and unhealthy love" by Katie Hood. In a talk about understanding and practicing the art of healthy relationships, Katie reveals the five signs you might be in an unhealthy relationship with a romantic partner, a friend or a family member, and shares the things you can do every day to love with respect, kindness and joy. You can access the video here:

- [The Difference Between Healthy and Unhealthy Love](#)

In addition to the video, we also have the following resources available for you:

- [How to make \(and keep\) friends as an adult](#)
- [5 Tips for building relationships at work](#)
- [Couples, conflict and COVID-19](#)
- [Talking with teens about healthy relationships](#)
- [What to do if someone you know is being abused](#)
- [Separation and divorce](#)

\*Some content included in this theme, including the TED Talk video, was developed prior to the Covid-19 pandemic. Please remember to always follow provincial and state health protocols and guidelines.

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

## Canada:

- Call 1-877-847-4525
- Email [support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)
- Visit <http://ca.resourcesforyourlife.com>  
COMPANY CODE: BMWCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play  
PASSCODE: 149301

## United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
- Download the 'Alternative EAP' app from the App Store or Google Play

**Quarantine and self-isolation can add extra challenges for those in an abusive relationship. If you are in immediate danger, call 911.**

If you're in an abusive relationship and need help during this difficult time, these resources can help:

- [Resources for Canadians](#)
- [Resources for Americans](#)