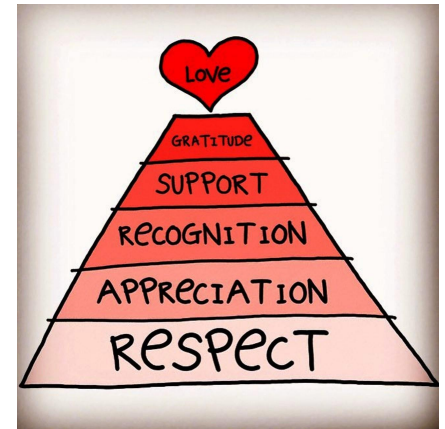




## Family Health Challenge: Cultivate Relationships

### Tips for strengthening family bonds:

- ◆ Practice open and strong communication with each other
- ◆ Lead by example and be kind to one another
- ◆ Make time to eat dinner together each night as a family
- ◆ Experience life together – do things together as a family
- ◆ Use “I” messages instead of “you” messages
  - ◆ “I feel unheard, can we talk about it?” instead of “You never listen to me.”
- ◆ Encourage all members of the family to share moments from their day
- ◆ Allow time for family reflection
- ◆ Cultivate an encouraging and supportive home environment
- ◆ Put time aside each week for family game night
- ◆ Try a new activity each week together
- ◆ Encourage a silly, laughing atmosphere and for opportunities to share funny stories with each other
- ◆ Plan a trip you can all go on together
- ◆ Surprise each family member with a small note of gratitude
- ◆ Show appreciation for the little things
- ◆ Respect each other’s boundaries



You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.