

Relationships



Strong relationships are vital for good emotional and physical health. In times of stress it is critically important to have supportive relationships with significant others, friends, co-workers and family members, but building and maintaining good relationships takes work. This month learn how LifeWorks can help you build new relationships and strengthen the ones you already have.

LifeWorks consultants can help you:

- Strengthen family relationships
- Communicate and resolve conflicts more effectively at home and at work
- Maintain strong relationships with your loved ones throughout different stages of life

Visit www.lifeworks.com to take the *What's your Communication Style?* self-assessment, which is designed to help you understand your communication style and how it affects your relationships with other people.

You can also read or download these articles:

- [*Building a Positive Relationship with Your Partner*](#)
- [*Building a Productive Relationship with Your Manager*](#)
- [*Dealing with Conflict in Your Personal and Work Life*](#)
- [*Being Present as a Parent*](#)
- [*Parents and Grandparents: Getting Along and Building a Special Relationship*](#)

If you or your spouse is serving in the military, you may be dealing with additional concerns. Whether it's emotional support during deployments, help with child care, relationships, money matters or relocation, Military OneSource can help – 24/7! Available anytime, anywhere for all active-duty, Guard and Reserve and their families, at no cost.

www.militaryonesource.com

Stateside: 1-800-342-9647

Call LifeWorks at 888-267-8126 anytime.

En español: 888-732-9020, TTY/TDD: 800-346-9188

You can also visit the LifeWorks Web site at www.lifeworks.com

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