

# INVEST IN YOUR WELLNESS:

## BUILD RELATIONSHIPS



**Become a great listener.** Actively listen to others rather than focusing on what you are going to say next. Make eye contact, focus, and offer appropriate comments.

**Let your guard down.** You don't have to reveal your deepest secrets, just be willing to talk about yourself. Be honest with your friends and family rather than keeping struggles to yourself.



**Keep an open mind.** You are never a finished product; you always have room to grow. Relationships are one of the best teachers in life, so allow them to enhance the best version of yourself.

**Check out Virgin Pulse**—a free online and mobile wellness platform available to benefits-participating employees and their benefits-participating spouses/partners. Virgin Pulse can help you track your relationship building habits through the “Healthy Habits” and “Challenges” features.



If you have any questions or would like to request special accommodations to fully participate in Healthy OHIO or other WellWorks programs, please contact Annie Laurie Cadmus at 740.593.9458 or cadmus@ohio.edu.



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