

e4health™

Communication is Key

January 2018

REGAINING YOUR CONNECTION

When entering into a new relationship, most of us experience excitement and happiness. We're having fun and all is right with the world. Then a new reality develops. Sometimes life with our other half gradually goes from adventure to monotony and disappointment.

This does not necessarily spell the end of the relationship. Many deeper and more fulfilling things can enter a relationship when the thrill of the newness fades. Here are some things to ponder.

SHAKE THINGS UP, when they feel too settled. If you and your significant other have settled into a monotonous routine, do something different.

MAKE A LIST. And not just any list. Often times the things that were endearing, when we first met the love of our life, become deeply annoying later on. Try to remember what you loved about them and why.

SET REASONABLE EXPECTATIONS. High emotions associated with a new relationship are exhausting after a time. A healthy relationship thrives in an environment of acceptance and security with someone you can depend on and have fun with.

TALK. Get to know each other again. Go out to dinner and pretend like you are meeting each other for the first time. Introduce yourselves to each other.

If your relationship has grown dull, you may not want to give up just yet. Consider seeing a couple's counselor. Many relationships that have grown dull can thrive with a renewed focus or professional support.

WANT TO LEARN MORE about communication and how to use it effectively to better relationships of all kinds? Register and attend the webinar, "*Communicating Effectively*". A full description and registration information is listed in the sidebar to the right. If you're unable to attend you can log on to the website at a later time to view the archived presentation.



MONTHLY WEBINAR

Wednesday, January 24th
Communicating Effectively

When we communicate with others, we make basic assumptions about the messages we are sending, which can result in unintentional miscommunication. We forget that our feelings play a part in how messages are delivered, received and processed. This workshop will help you learn to effectively convey your messages to others in a clear and assertive manner. You will also learn to recognize potential barriers in your current communication patterns.

To Register:

- [Click HERE](#)
- Select the time
- Or - click on "Upcoming Webinars" from the homepage of the website and follow the easy instructions

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ALWAYS CONFIDENTIAL