



## **KEEPING UP WITH RELATIONSHIPS**

*We rely on the strength of human relationships to survive and thrive. We grow as human beings because of the relationships we nourish and foster. Relationships define us, give us a cause to live and help us become who we are meant to be. However, sometimes these relationships can get overwhelming and difficult to manage.*

*Individuals experience the broadest range of emotions through their relationships, from the mildest feelings of contentment, annoyance and anxiety to the most profound experience of love, rage and despair.*