

Well-Being Video: Session Three- Positive Connections & Relationships



Here we look at the different basic human needs of love, praise and encouragement, new experiences and responsibility.

We investigate various types of relationships and the common ingredient to building positive and lasting relationships.

The video shows how the 5-step REACH forgiveness method helps to process a hurtful experience. Rather than holding on to a negative stressful memory we choose to forgive. We might still take steps to distance ourselves from further hurts but we are doing it calmly and maturely rather than from anger and revenge.

Includes relevant easily grasped brain research to illustrate how our minds influence our health and wellbeing.