

HEALTHY RELATIONSHIPS CHALLENGE

Schedule an activity that you know a loved one would enjoy and go do it together



Ask a loved one if you can give them a hug.



Write a letter to a loved one and tell them what you value about the relationship.



Make a homemade gift or baked good for someone that you care about



Reach out to a friend or loved one and schedule a check in call to ask how they are doing

Do a random act of kindness for a friend or family member (ie, help them clean their yard)



Spend quality time with a loved one and practice active listening without distractions (turn off your phone)

Which relationship challenge did you enjoy the most?