

Writing on Love and Relationships

Having strong, supportive relationships can help improve overall well-being, protect against depression and anxiety, and boost **resilience**, which is your ability to weather life's many challenges.

Writing about relationships with loved ones provides opportunities to...

- explore the ways these bonds impact your life;
- express your gratitude for loved ones;
- recognize when relationships no longer serve you; and
- explore what you want out of future relationships.

Give one or more of these prompts a try:

- What does love mean to you? How do you recognize it in various relationships, such as with friends, siblings, pets, and more?
- Which of your many relationships do you trust most? What built this trust?
- What do you value most in relationships (kindness, trust, empathy, respect, honesty, etc.)? What are your strengths in relationships?
- What are two or three important lessons you have learned from previous relationships?
- How do you show compassion to others? How can you extend that same compassion to yourself?
- What boundaries could you set in your relationships to best respect yourself and improve your well-being?
- How do you support and appreciate your loved ones?

If you feel like sharing, have a conversation with a friend or loved one, or post some of what you've written on Instagram, and tag @YpsiWrites and @WishYouKnewWashtenaw!

