

## **Mindfulness Monday Message #53 – 29 May 2017**

One of the most important findings to come out of the research on Positive Psychology, is the importance of enduring relationships, to overall well-being. Successful relationships of any kind take thought and it is worthwhile taking the time to reflect on the relationships that you have in your life.

There are two important ways to cultivate positive relationships. The first is to practice acts of kindness. Being kind makes both you and the receiver good. Moreover, it strengthens positive connections and leads to friendship.

The second way is to identify relationships that are nurturing. Spending relatively more time with nurturing people builds resilience. This in turn makes it easier to deal with more difficult people when you have to.

*Dr Annmaree Wilson*