

Live Well, Be Well

“Let’s Talk Healthy Relationships”

Introduction:

Welcome to Live Well, Be Well. A podcast where we speak candidly about **all things health and well-being**. My name is Daryl and my name is Ashley and we’re students and **Well-being Peer Educators** here at UC San Diego. [And on this episode of Live Well, Be Well, we'll be discussing healthy relationships and how to build them through communication, boundaries, and self-love.](#) [So we hope you get inspired, we hope you feel connected and we hope you discover new ways to live your best life. Let's get started!](#)

Content:

[So I guess we should begin by discussing what exactly a healthy relationship is?](#)

[I think that's a great place to start! Also, I think it's important to know that the term or the idea of a relationship doesn't just include romantic or intimate relationships between partners.](#)

[I’m really glad you said that because healthy relationships should exist between friends, parents, co-workers, roommates, and everyone else you have in your life. But, a quote that really resonated with me when thinking about healthy relationships is “any relationship that could be ruined by having a conversation about feelings, standards, or expectations wasn't really firm enough anyway, so there isn't much to ruin.”](#)

[I think that quote makes great point in showing what a healthy relationship should include. For example, having the ability to openly talk to the other person about your feelings and when doing so, the other person in the relationship doesn't make you feel bad about opening up. But, I guess that's not to say that healthy relationships are completely free of conflict.](#)

[I'm glad you mentioned the “conflict-free” part because I feel like it's easy to view an idealized version of what a healthy relationship should be and viewing conflict as “bad” - when it's not - It’s just a part of life and it's inevitable that you're going to have conflict in your relationships, but I think the distinction in healthy relationships is how you and the other person deal with that conflict in a respectful way so that both people can feel seen, heard, and validated. So, I guess at the heart of healthy relationships is just mutual respect.](#)

[Yeah, I really like that concept of “mutual respect”. I think another note on that is - a healthy relationship, both parties, kind of, recenter conflict around this notion of identifying and solving the problem together, where both parties can feel heard and valued, rather than just arguing with each other - and may be not even confronting the actual issue at hand.](#)

[No, I think that's a really good point. And, I think just changing your mindset about conflict will help you and the other person come together to solve an issue. But also like, a healthy relationship can't be just created in one day obviously - it takes time and practice - and there's little things that you another person](#)

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can do to implement in your relationship, so it gets healthier as it continues. But, I think a good rule of thumb is just looking out for signs, where you feel like you have to make yourself smaller in relationships - and I know I do this, with not speaking up with how I'm feeling sometimes - so I try to follow this rule where it says if it still bothers you after 24 hours, speak up about it within 48. Because I think for people pleasers like me it's easy to take the easy way out and not have that awkward conversation but then in the long run, it can end in resentment or just you and the other person getting hurt, so it's better to have those conversations, even if they are difficult. But, I guess I think with talking about healthy relationships, we also have to talk about self-love because I think that dictates how you allow yourself to be treated.

Definitely - I think that's a great concept that you brought up because self love - although it's not the first thing that I think about when talking about healthy relationships - I still think that it's an equally important aspect of one. So before this podcast, I actually looked it up and one of the definitions that I really liked was “a regard for one's own happiness or advantage”. So when you apply this to a relationship, I think it kind of makes sense to love yourself first. And you might ask why, but like you said Darryl, I think self-love reflects not only how you view yourself, but what you expect from others as well. So, if you don't feel comfortable setting healthy boundaries in a relationship, it's going to be easier for you to let someone overstep these boundaries that you have set internally, or even make yourself smaller which can lead to resentment later on.

I really like that point you made about feeling comfortable to set those healthy boundaries and I feel like we should all remind ourselves to just take up as much space as we want as long as it's done in a healthy and respectful way - I feel like that's all that matters. And then, just reminding ourselves that our life goals, health, and happiness are our main priorities. So if there is someone that is taken away from that inner peace, maybe it's time to reassess that relationship - or just to have a conversation about it - because at the end of the day, your happiness comes first and that's what will help build healthy relationships.

Aw, that's great advice Daryl!

Closing:

...And with that great advice will also conclude this episode of Live Well, Be well. If you like what you heard and would like to learn more about topics related to health and well-being there's much more to come. Be sure to check out our website healthpromotionservices.ucsd.edu and follow us on Instagram and Facebook under @ucsdhps. Stay tuned for next week's episode of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.
