

Healthy Relationships



The Burnaby Division of Family Practice:

divisionsbc.ca/burnaby

The Four Things That Matter Most

Dr. Ira Byock

"Please forgive me."

"I forgive you."

"Thank you."

"I love you."

Why are we here?



The Circle of Caring



FAMILY

Expanding the Circle of Caring

FAMILY

FRIENDS

Expanding the Circle of Caring

FAMILY

FRIENDS

COMMUNITY

An aerial view of Earth from space, showing a vast expanse of blue oceans and white clouds. A bright sun is visible in the upper right corner, casting a strong glow across the scene. The horizon line is visible, separating the Earth from the dark space above.

Expanding the Circle of Caring

The Love Cycle

The Circle of Caring



OUR PATIENTS

Expanding the Circle of Caring

OUR PATIENTS

OUR COMMUNITY

Expanding the Circle of Caring

OUR PATIENTS

OUR COMMUNITY

OUR FUTURE

We care about our patients



We care about our community



Healthy Relationships

- 1. The 4 Foundations of Self-Care*
- 2. Why relationships matter*
- 3. The sources of conflict*
- 4. The qualities of healthy relationships*
- 5. Keys to nurturing relationships*



What is healthcare?

An iceberg floating in a dark blue ocean under a blue sky with wispy clouds. The small tip of the iceberg is above the water, while the much larger, jagged base is submerged. The text 'ACUTE HOSPITAL CARE' is positioned above the water line, and 'COMMUNITY CARE, CHRONIC CARE' is positioned within the submerged part of the iceberg.

ACUTE HOSPITAL CARE

**COMMUNITY CARE,
CHRONIC CARE**



Who provides most of your healthcare?

A photograph of an iceberg floating in a dark blue ocean under a blue sky with wispy clouds. The visible tip of the iceberg is small and jagged, while the submerged portion is much larger and more complex in shape. The text 'HEALTHCARE PROFESSIONALS' is written in white, bold, sans-serif capital letters on the left side of the image, above the water line. The text 'YOU!' is written in white, bold, sans-serif capital letters in the center of the submerged portion of the iceberg.

**HEALTHCARE
PROFESSIONALS**

YOU!



*Real Healthcare
is Self-Care*

Real Healthcare is Self-Care

*The best predictor of your future health
are the habits you practice today*

4 Foundations of Self-Care

The 4 Foundations of Self-Care

What you eat

What you do

How you feel

How you relate

1st Foundation of Self-Care

What you eat

What you put in your body

your daily diet, alcohol & drugs

2nd Foundation of Self-Care

What you do

Physical Activity & Rest

endurance

flexibility/mobility

stability/balance

muscle strength

rest/sleep

3rd Foundation of Self-Care

How you feel

Emotional Wellbeing

Stress management

Finding meaning

Recognizing your emotions

Managing them

4th Foundation of Self-Care

How you relate

Healthy Relationships

commitment

good communication

time

nurturing unconditional love

The Empowered Patient

What do you need for good self-care?

What do you need for good self-care?

Unbiased complete health information:

To adopt healthier lifestyles

To manage health conditions

To get the care you need

What do you need for good self-care?

Improved patient-doctor communication

More support to achieve your personal goals

Healthy Relationships

Why relationships matter

*Social support
(from friends, family and partners)
are key to your emotional health.*

Why relationships matter

*Harmony in your home
is essential to your wellbeing.*

Why relationships matter

*Loving friends and family
support your health.*

Why relationships matter

*Conflicts at home, work or school
are major sources of stress
and contribute to anxiety and mood disorders.*

Healthy Relationships

When we fall in love and get engaged,
the invitation may say:

“Today I marry my best friend.”

While an invitation to a divorce party
might read:

“Today I divorce my worst enemy!”

The sources of conflict

1. Incompatibility

*religion, culture, language,
introversion/extraversion,
values and beliefs.*

Game Changers

INCOMPATIBLE VALUES

(Core beliefs about right and wrong)

***ABUSE** (physical, emotional or sexual)*

The sources of conflict

2. Cognitive Distortions

When we start seeing each other differently

Mind Reading

*Making negative assumptions
about the other's intentions*

Excessive Blaming

When something goes wrong (or is left undone), it's the other's fault





Who left the seat UP? Who left the seat DOWN?

This is not a compromise.



It's just plain dangerous!

All or Nothing Thinking

*Seeing all of the BAD (and none of the good)
in the other*

The sources of conflict

3. Neglect and Loss of Intimacy

*Too often we can let the rest of our lives
take over our life together.*

*We share less time
and lose a sense of intimacy.*

This can be the gateway for affairs.

The sources of conflict

4. Feelings change.

*Romantic love matures into enduring love
from passion to compassion . . .
or it just fades away.*

*Some are addicted to romantic love
- the obsessive thrill of infatuation
and falling in love*

*But infatuation is like a psychosis;
we see only the good
and none of the bad*

*Yet it's a self-limiting condition
that requires no treatment
because it always fades.*

*But infatuation is like a psychosis;
we see only the good
and none of the bad
yet it doesn't need treatment
because it always fades*

*So should two young people madly in love
be legally allowed to marry . . .
or wait for a cooling off period?*

*The quirks that endear us when we fall in
love*

*eventually irritate us when the
honeymoon is over*

*but they are the things we'll miss when
our loved ones are gone.*

The Qualities of Healthy Relationships

- 1. Mutual respect*
- 2. Commitment to one another
and to our relationship*
- 3. Acceptance & management
of the differences that make us unique*
- 4. Mutual positive regard/Unconditional love*

The Qualities of Healthy Relationships

1. Mutual respect

for our individuality

for our feelings

for our ideas

We show respect through

our speech and our actions

The Qualities of Healthy Relationships

2. Commitment to one another and to our relationship

We express our commitment with time, thought, patience, effort and a willingness to work together.

The Qualities of Healthy Relationships

- 3. Acceptance & management
of the differences that make us unique
e.g. Introversion/Extraversion
passions & preferences
spiritual beliefs
family customs
languages of love
Venus & Mars***

The 5 Love Languages

(Gary Chapman)

1. Words of Affirmation
2. Quality Time
3. Receiving Gifts
4. Acts of Service
5. Physical Touch

Quiet: The Power of Introverts in a World That Can't Stop Talking (Susan Cain)

Extraverts are energized by people;
introverts need solitude to recharge.
Extraverts need to speak to think;
introverts think before they'll speak.
With acceptance and understanding,
we complement one another.

The Qualities of Healthy Relationships

4. Unconditional love

Mutual Positive Regard

Compassion

Good Will

Metta Meditation

*May you be happy and healthy
peaceful and safe.*

Unconditional Love

In a truly loving relationship, rather than drawing the one I love to me, I give myself to her . . .

Not merely do I prefer to do her good than to have her do good to me, I would even prefer that she did good to herself rather than to me: it is when she does good to herself that she does most good to me.

If her absence is either pleasant or useful to her, then it delights me far more than her presence.

paraphrased from *Montaigne*

Nurturing Your Relationship

1. Foster emotional intimacy

*Agree on a habit of checking in
with one another each day.*

How are you feeling?

How was your day?

Nurturing Your Relationship

2. Show your affection!

Express your positive feelings.

Remember the 5 languages of love.

Nurturing Your Relationship

3. Schedule regular dates

*Commit your time to what matters most.
Don't wait til there's time; make time!*

Nurturing Your Relationship

4. Communicate in a healthy way

Take a breath and let anger cool before you react.

Acknowledge the other's feelings and point of view.

Express how you feel without blaming.

*e.g. "When you said that I felt this way"
instead of "You made me feel terrible!"*

Nurturing Your Relationship

*5. When things get stale,
have an affair . . .
with your partner!*

. . .

*Text one another:) Leave love letters.
Sneak in a coffee or lunch date in your day.
Way safer, cheaper and healthier than a real affair!*

The Four Things That Matter Most

Dr. Ira Byock

"Please forgive me."

"I forgive you."

"Thank you."

"I love you."

SHARE

Let's create a healthier community



Why we are here

OUR FRIENDS

OUR COMMUNITY

OUR FAMILIES

OUR FUTURE

Our Expanding the Circle of Caring

Healthcare is Self-Care
Pass it on!

POSITIVE POTENTIAL MEDICINE
davidicuswong.wordpress.com
divisionsbc.ca/burnaby



Burnaby

Division of Family Practice

A GPSC initiative

3rd Foundation of Self-Care

How you feel

Emotional Wellbeing

Stress management

Finding meaning

Recognizing your emotions

Managing them