

## Communication is Key

Learn your preferred styles of communication through guided self-reflection.

Take the “Love Language” & “Apology Language” assessments to identify how you best give and receive communication.

Discuss the results with those around you to improve understanding and encourage relationship growth.

<https://5lovelanguages.com/quizzes>



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# Social Engagement



## Impact of Gratitude

### What is Gratitude?

Gratitude is defined as a positive, social emotion that arises when an individual *appreciates* the benefits of another person's intentional actions towards them.

### Gratitude in Relationships

The sensation and display of gratitude positively impacts relationships:

- Results in higher rates of relationship/romantic satisfaction
- Motivates personal and interpersonal development or growth
- Associated with reduction in adverse behavior and stress
- Promotes resilience against adversity

## Positive Social Engagement

- Defined as connection with others leading to:
  - Increased sensation of belonging
  - Increased sensation of fulfilment
  - Increased emotional connection
- Impacts on health and well-being:
  - Decreased psychological distress
  - Decreased health risk factors for cardiovascular disease, stroke, and cognitive decline
  - Positive influence on healthy habits relating to exercise, nutrition, and sleep



## Impact of Social Media

Social media influences perception of oneself and their relationship.

This can be positive or negative depending on the content observed.

Content that is gratitude-based positively impacts perception.

Negative content can result in decreased self-esteem and relationship satisfaction.