

Anxiety and My Relationships

Connection

“The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.” Brene Brown



Loving Kindness Meditation

Loving kindness meditation comes out of the Buddhist tradition. Research has shown this form of meditation can increase positive emotions and improve our connections with others. This is an abbreviated version that you can practice at home.

Find a comfortable seated position.

Take a deep breath in through your nose, and out through your mouth.

When you are ready, in your mind or quietly to yourself repeat the following phrase.

May I be safe.

May I be healthy.

May I be happy and peaceful.

Next, think about and visualize someone in your life who you care about.

Take a deep breath in through your nose, and out through your mouth.

When you are ready, in your mind or quietly to yourself repeat the following phrase.

May they be safe.

May they be healthy.

May they be happy and peaceful.

If you are interested, you can learn more here:

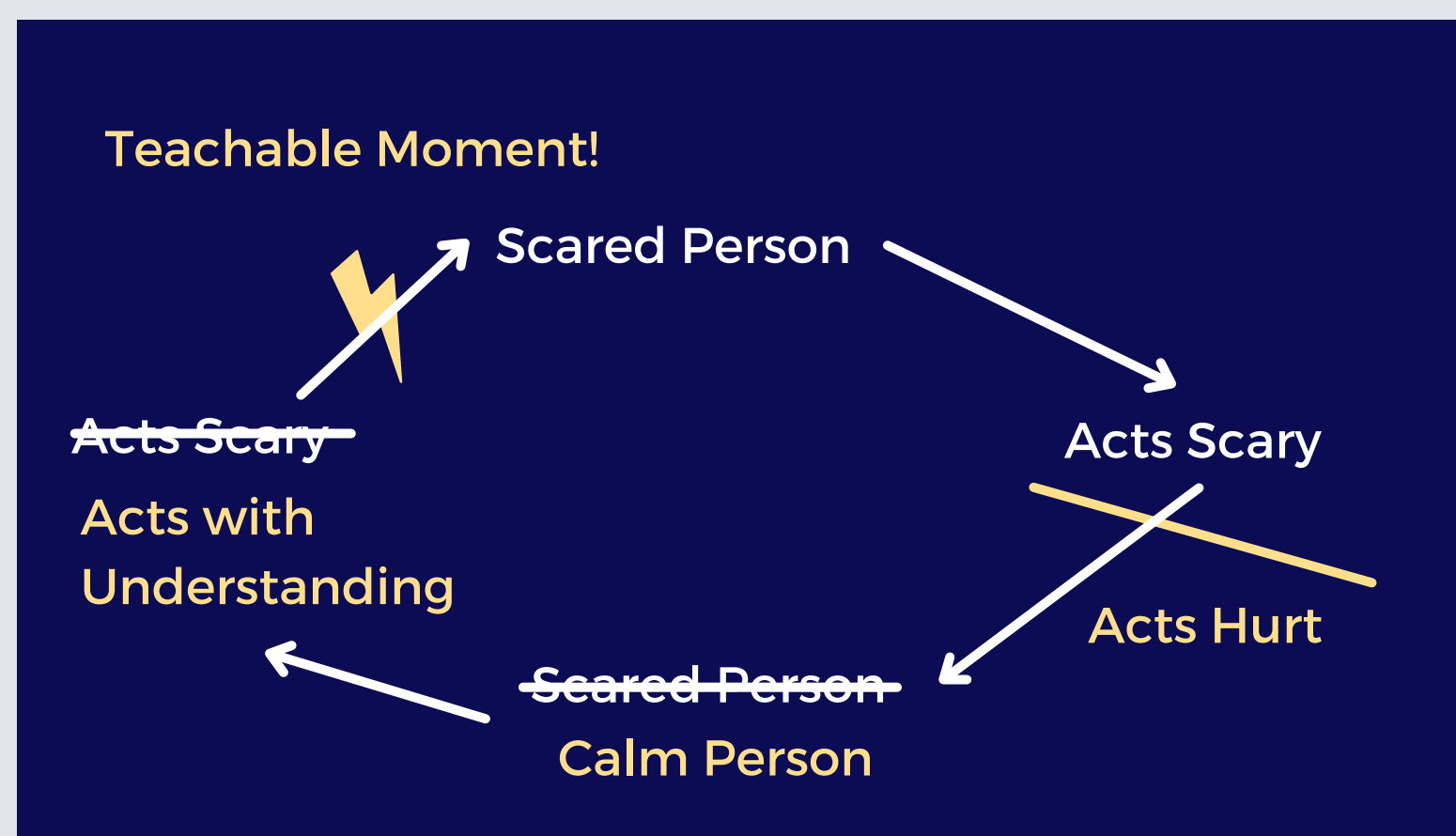
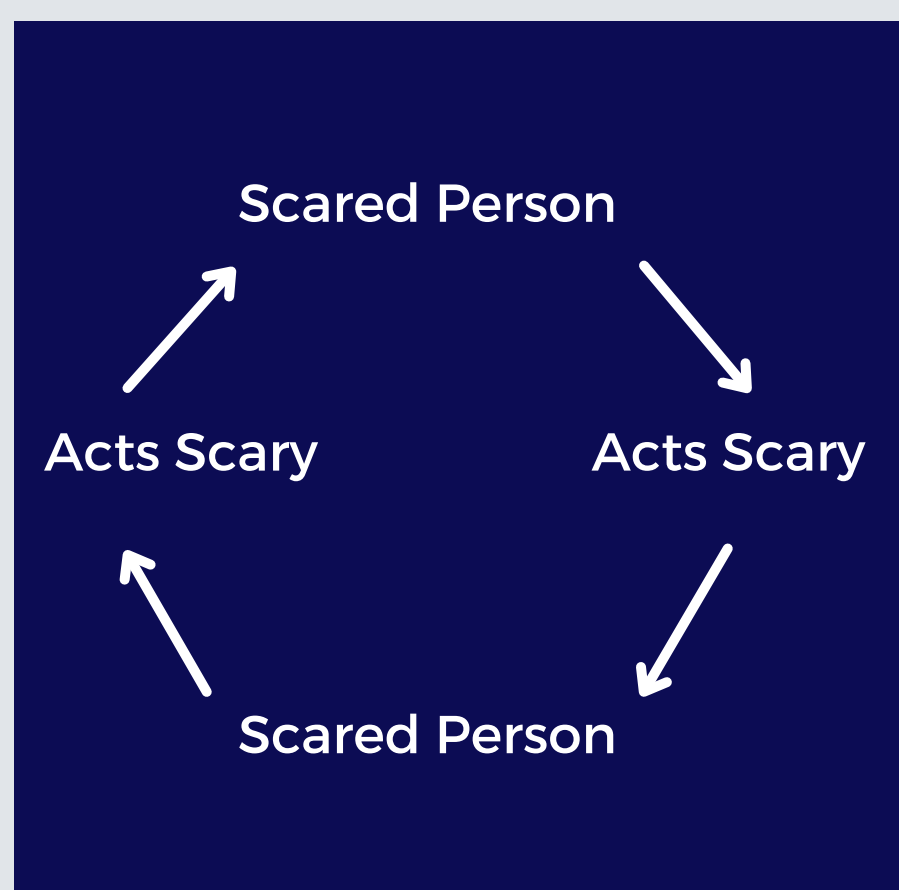
- [Loving Kindness Meditation - Greater Good Science Center](#)
- Sources: Greater Good Science Center & the Center for Contemplative Mind in Society



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Cycles of Interaction: How to Improve Our Interactions with Others

Cycle of Negative Interaction → Breaking the Cycle



Boundaries

“Boundaries are the distance at which I can love you and me simultaneously”
-Prentis Hemphill

Setting healthy boundaries can help you to both manage your own anxiety and/or support others in your life. It is also really challenging! The most helpful type of communication to use when setting boundaries is called assertive communication.

- Assertive: I communicate my needs honestly and respectfully.
- Passive: I go along with what others want in order to please them.
- Aggressive: I communicate my needs in a way that is hurtful (e.g. ignoring, shaming, or bullying).

Source: Psychology Today, <https://www.psychologytoday.com/us/basics/assertiveness>

For helpful tips on communication and setting boundaries check out:

- [Being Assertive and Setting Boundaries with Kids Helpline](#)
- *Note this website is located in Australia - if you or a friend are experiencing thoughts of suicide please call the National Suicide Hotline in the United States at 1-800-273-8255 or chat at <https://suicidepreventionlifeline.org/>

