



HEALTH Plus WEALTH

POSTED ONLINE | MAY 2018

Healthy Relationship Accounts

You may remember that in last month's blog I mentioned the NHS 5 ways of wellbeing. In this month's blog we are going to explore 'being connected' and investing in our relationships in order to help us be intentional about our health and wellbeing.

I heard recently that it can be helpful to think of relationships as an 'emotional bank account'. We determine the health of our relationships by making both drawings and deposits, leaving us in positive or negative equity.

In a few weeks, Prince Harry and Meghan Markle will be getting married; that is, getting connected! I was struck with a newspaper headline that highlighted some of the firm boundaries that the prince and his fiancée have shared with guests, their intention being to ensure that everyone gets the most out of their special day. The headline read...

"Harry and Meghan's wedding rules: no phones, no gifts, no swords".

No phones

To me, this indicates that the royal couple genuinely want their guests at the wedding to be fully present with them on their special day, rather than busy posting on social media.

The advances in our use of phones mean we can be connected with someone across the other side of the world, but can simultaneously jeopardise the deeper connections we have with someone important on the other side of the dinner table. Sometimes the gift of being present can be worth more than money can buy.

No gifts

Speaking of gifts, what could you buy a couple who has everything anyway?

Investing in somebody as a person, seeing them for who they are and believing the best in them can make them feel a million dollars! Yet that can cost nothing more than being intentional about giving them a call, telling them you believe in them, how proud you are of them or how much they are loved.

I also wonder if the couple have learned that there is a true blessing in giving rather than receiving? They have nominated 7 charities where guests can make a donation to honour their big day!

No swords

When we consider the impact of self-centred words, we can easily understand how our words can be used as weapons.

We can and all do say things, even unintentionally at times, or with intent to harm, that can pierce somebody's heart and soul. The sentiments of the old school poem, "Sticks and stones can break my bones, but words can never harm me", are rarely genuinely true when it comes to real deep and meaningful relationships.

However, words can also be a powerful investment in someone for good when they are given with thought, consideration and ample truth and grace.

We all have an opportunity to look for and speak about the good in others, invest in them and love them for who they are, even when we don't necessarily think in the same way or understand their differences. It is worth remembering that differences aren't necessarily better or worse, they are just different.

County Financial can help you think about leaving a financial legacy to your family or friends, but I'd also like to invite you to think about investing in the emotional and relationship accounts of those people you hold dearest or with whom you share your lives.

As many of us watch the royal wedding, with no phones, gifts or swords, I hope we can each take a moment to ask:

- "What are we doing with our words, time and actions to really invest in those we love, that leads to healthy and lucrative relationships?" or...
- "What am I doing that withdraws or takes from others, that might leave us in negative equity relationships?" and...
- "Where we could be intentional in growing healthy relationship accounts?"

Niky Dix *Intentional Health*



If you want to find out more about Intentional Health, including how we help others be intentional about their health and our vision to partner with church-based communities all over the UK, then please also get in touch, or visit our website www.intentionalhealth.uk