



**Thrive**

DECEMBER  
WELL-BEING  
TOOLKIT



Let's Talk

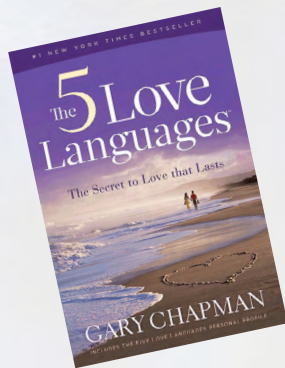
# Relationships



# Let's talk Relationships

December is a time for gatherings, gift-giving, wonderful food and fellowship. However, it is also one of the year's busiest seasons, which can lead us to neglect ourselves and those closest to us. Relationships are meaningful because they can significantly impact our social, emotional and mental well-being.

Therefore, the holidays may be a perfect for reflecting on and discussing our relationships.



In his book, "The Five Love Languages," Gary Chapman explores five distinct love languages.

While the content primarily focuses on romantic relationships, these concepts apply to various relationships. Below are descriptions of these love languages:

## Love language #1: *Receiving gifts*

While you might think that receiving gifts is everyone's favorite love language, it is only one of the five that is touched on in this model of relationships. People who value receiving gifts don't need big, elaborate gifts to feel loved; the sweet, small and more frequent gifts show them you're thinking about them. A simple way to give people inexpensive gifts over the holiday season is to bake for them, especially if you're baking up healthy treats like:



- ♥ [No-Bake Thumbprint Cookies.](#)
- ♥ [Chocolate-Cherry Heart Smart Cookies.](#)  
(Use coconut/maple sugar instead of brown sugar.)
- ♥ [Spiced Pumpkin Nut Bread.](#)

All these desserts are tasty, healthy and easy!  
They are perfect recipes to deliver to your friends and family who love to receive gifts!





## Love language #2: *Words of affirmation*

Some people feel most valued and loved when given words of affirmation. Words of affirmation are very similar to words of encouragement. Telling a co-worker that they look nice today, that you like their outfit or that they are doing a great job are all words of affirmation in the workplace. Words of affirmation can be used with friends, family and even acquaintances. It would be silly to waste time and money shopping for someone who needs your heartfelt encouragement to feel loved and appreciated. Here are some practical ways to use words of affirmation:

- ♥ Send your co-worker an encouraging message.
- ♥ Tell your spouse how much you appreciate specific things about them.
- ♥ Mail out personal Christmas cards to family and friends to let them know how much you appreciate and value them.
- ♥ Send little notes in your child's lunchbox to tell them how proud you are of them.

You are  
**AMAZING.**

You are  
**BRAVE.**

You are  
**STRONG.**

These are all very impactful ways to offer words of affirmation to those needing love during the holiday season.





### Love language #3: *Quality time*

These people want quality time, no more and no less. Instead of spending your time shopping for them, spend your time being with them. Quality time can be defined as time spent giving another person one's undivided attention to strengthen a relationship. Time spent must be seen as quality to the one you are spending it with because if it's not, the time spent is just as much of a waste as shopping for gifts for that person. Here are some ideas to spend quality time with loved ones during this busy season:

- ♥ Take them to coffee (it is much easier to spend quality time with people while sipping on coffee than munching down on a full meal).
- ♥ Plan to take a walk with them during a work break.
- ♥ Spend time with them doing something you know they love to do.
- ♥ Need to get some Christmas shopping done? Take them with you. Make sure you are mindful and present with them and not focused on checking things off your list.
- ♥ Buy them a gift that requires you to spend time doing something they love, like concert tickets, gift certificates to their favorite nail salon, dinner on you, etc.



Quality-time people are some of the easiest friends and family members to have. Make sure that every moment spent with them focuses on connecting with them, no matter what you are doing. They want to hear about your life, and they want to tell you about theirs.

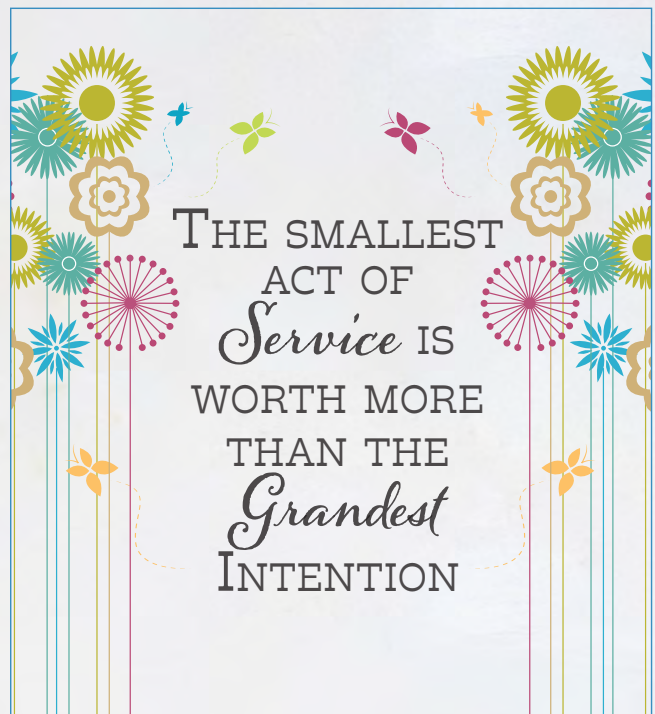


## Love language #4: *Acts of service*

Acts of service are often the love language for many Type-A personalities. You all know exactly who I'm talking about. They have a checklist of things that must be done daily and like it that way. They love even more than that precious checklist is when their friends and family members help them check items off it. They have specific preferences for how tasks should be completed. Ensure you are familiar with their desired methods when checking off items for them. Here are some ideas for helping the acts-of-service people in your life:

- ♥ Take out the trash.
- ♥ Do the dishes.
- ♥ Help them with tedious, small tasks at work that you can do.
- ♥ Prepare a meal for them that you know they will love.

Acts-of-service people don't need more gifts. They'll know you love them if you do the dishes. It is simple to do small things to help their long list of tasks become slightly shorter.



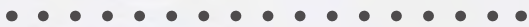


## Love language #5: *Physical touch*

Wait, doesn't everyone love physical touch? According to research done by Chapman, the answer to that question is absolutely not. When you think of physical touch, you may be thinking about intimacy with your partner, but try thinking of it more in terms of how you communicate with other friends and family with whom you aren't physically affectionate. Some people love hugs, resting their arms on you during casual conversation, giving high fives, etc. You know who those people are, and you either love being around them or feel like your bubble is about to burst every time you're in their presence. These are the physical-touch people, and they need love, too. Here are ways to show love to and value these friends and family members:

- ♥ Give them hugs (even side hugs work).
- ♥ Give them a gift certificate to their favorite spa for a massage.
- ♥ Pat them on the back.
- ♥ Give them high fives.

A disclaimer: Be aware of when, where and what type of physical touch is appropriate, especially in the workplace. Physical-touch people value even the smallest gestures. A simple high five will mean the world to them, especially if they know you don't speak the same love language.



These five love languages will help you decide how to spend your time best loving the people in your life during this busy holiday season. You may even know the love languages of your closest friends and family, but you just haven't been mindful about showing them love in those ways. People tend to show love how they prefer to receive it.

**Sources:** Chapman, G. D., & Green, J. (2017). *The 5 love languages: How to Express Heartfelt Commitment to Your Mate*. Chicago: Northfield Publishing.





# DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 World Aids Day	2	3 International Day of Persons with Disabilities	4	5	6	7
Handwashing Awareness Week						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas	26	27	28
29	30	31 New Year's Eve	Jan. 1 New Year's Day	2	3	4

