



Amy Sprague Champeau, MS, LMFT, S.C.

Creative and Traditional Approaches for Counseling Women, Men and Couples • Certified LGBT Therapist

Relationship Sustainability Workshop

June 15, 2010

Financial Service Group

Amy Sprague Champeau, MS, LMFT

1. What is relationship sustainability?

The practices that will best help people adapt to the myriad changes that impact them now and will impact them in the future.

2. What types of relationships affect us and how can we sustain them so that they sustain us?

- a. Professional relationships
- b. Personal relationships
- c. Financial relationships
- d. Relationships with our bodies
- e. Relationships with our earth and nature
- f. Relationships with time
- g. Relationships with our communities
- h. Relationships with our selves

3. Well-being

- a. What it is – what makes life worth while, the intersection and balance of a number of factors, **THRIVING**
- b. Gallup poll – 5 areas of wellbeing identified across cultures
 1. Career Wellbeing – liking what you do every day, feeling a deep purpose in life
 2. Social Wellbeing – having strong relationships and love in your life
 3. Financial Wellbeing – effectively managing your economic life
 4. Physical Wellbeing – having good health and enough energy to do what is necessary
 5. Community Wellbeing – the sense of engagement with the area in which you live
- c. How do we know?

Example – deathbed exercises

4. Career Wellbeing - Do you like what you do each day?

- a. **The importance of being 'engaged'**
 - Being disengaged at work twice as likely to be diagnosed with depression
 - Leads to greater longevity and physical health
- b. **Importance of using your strengths**
- c. **Connect with others who share your passion**
- 5. **Social Well Being**
 - a. **Importance of social connections**
 - People are happier when their social network is happier – if your friend is happy your happiness increases by 15%. If a connection 3 degrees removed is happy, your happiness increases by 6%. Compare to finding that an increase of \$10,000 increases happiness by 2%.
 - Social network affects physical health –**
 - Obesity
 - Smoking
 - Healing
 - b. **We need 6 hours of social time to THRIVE**
 - c. **Don't put all your eggs in one basket**
 - d. **Exercise – social atom**
- 6. **Financial Well Being**
 - a. **What types of spending make us happy**
 - b. **When not to buy**
 - c. **What to spend on**
 - d. **Are we able to act in our own best interests? If not, what do we do?**
- 7. **Physical Well Being – the basics of self care**
 - a. **The importance of our small decisions**
 - b. **Our choices affect more than just ourselves**
 - c. **"A lack of energy often results from inactivity, not age" – Mayo Clinic**
- 8. **Community Well Being**
 - a. **Safety**
 - b. **The importance of belonging to a community – AA, church**
 - c. **The importance of giving back**
- 9. **Tools – how do we make relationships better/sustainable**
 - a. **Pay attention – emotion, physical, symptoms, problems, what feels right, patterns**
 - b. **Move towards, not away**
 - c. **Define core values**
 - d. **Find your voice**
 - e. **Take action – find blocks to action and break through them**
 - f. **Know when to ask for help; get support**
 - g. **Know yourself; manage your emotions; relationship sustainability is a set of skills**