

**EAS/EmployeeAssistanceServices**  
**Employee Assistance-Psychotherapy**  
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**January, 2004**

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## **What Are the Basic Principles of Healthy Relationships?**

**Healthy relationships are good medicine. Healthy relationships nurture our spirits, our minds, our emotions and our bodies. Healthy relationships not only enrich our lives, but also provide a buffer against stress and stress related illness.**

**Behavioral health research shows that people who develop strong relationship bonds have a higher degree of resiliency: rather than being overwhelmed by life's challenges, they have the physical, mental, emotional and spiritual capacity to bounce back from difficulties.**

**In counseling individuals, couples and families, the following question is frequently asked: "What can we do to have healthier relationships?" In response, I recommend the following principles as a good foundation for healthy relationships.**

**1.Care and love of ourselves and others: Dr. M. Scott Peck (The Road Less Traveled) describes real love as our commitment to do whatever we can to nurture our own spiritual growth and the spiritual growth of those we love.**

**2.Be true to our deepest values: Dr. Martin Seligman's research (Authentic Happiness) shows that people who are most consistently happy have a clear sense of their values and the integrity to live their values: to know the right thing and do the right thing.**

**3.Trust: Stephen Covey (The Seven Habits of Highly Effective People) describes the importance of "building bridges of trust" . Keeping promises is the foundation of a healthy relationship. Breaking a promise is "a massive withdrawal in the relationship bank account".**

**4.Forgiveness: means letting go of the negative, self-destructive feelings of hurt and resentment by deciding to forgive. Forgiveness is a not a sign of weakness, it's a sign of strength. Forgiveness does not mean that we condone harmful behavior.**

**(Please turn to the back page to continue this article and to read about employee assistance services available to you and your family.)**

**5. Apologize:** We all make mistakes. When we do harm someone, we can mend the relationship by making amends—apologizing. In making amends, we: 1. Admit to ourselves we made a mistake; 2. We acknowledge to them that we made a mistake that hurt them; 3. We ask what we can do to make up for the harm done; 4. We commit that we will do our best to never repeat that harmful behavior again.

These are five effective principles of nurturing and maintaining healthy relationships. While we can never live these principles perfectly, we can practice them every day—making our lives and the lives of others better.

### **Employee Assistance**

– EAS provides free, confidential consultation for all Saint Mary’s Health Network employees and for all family members who live in the employee’s household. Each employee/family member is entitled to receive up to 3 consultations each 6 months.

**Free, confidential consultation:**

-stress	-anxiety	-coaching to enhance your work/personal life
-marriage	-depression	-pre-marital consultation
-family	-grief and loss	-legal/financial distress
-health	-work issues	-communication
-children’s issues	-alcohol/drug/gambling	

**Support:** EAS provides an opportunity for employees and families to discuss challenges or difficulties in person, with a caring, committed and knowledgeable counselor.

If you wish, you may chose telephone consultation.

**Referrals:** For additional support EAS will work closely with you to find community resources that will meet your needs.

**Coaching:** EAS provides coaching for career/work and life enhancement.

**Confidential:** All contact between employees/families and the counselor is strictly confidential. Participation is protected by the counselor-patient guidelines of confidentiality.

**Call:** To speak with your EAS Counselor, call 775-323-3330.

**Classes:** Free CEU classes are offered for employees throughout the year. Health and wellness classes for family members are also provided.

**Location:** EAS offices are located at 421 West Plumb Lane (Southwest Professional Centre at the corner of Plumb and Plumas). The EAS office entrance is conveniently and discretely located on the ground level at the back of the 421 W. Plumb office building. (Park in the back of the 421 building.)

**“If you would change your world,  
First change yourself.”      *Ancient Sanskrit Wisdom***

