



RELATIONSHIP MANAGEMENT: Cultivating a Healthy Relationship with **Self**



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**RELATIONSHIP
MANAGEMENT**





DOING THE **HEARTWORK** TO CULTIVATE A BETTER VERSION OF YOURSELF



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SCRIPTURES

Jeremiah 17:9-10

Proverbs 4:23

Luke 6:45



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**THE RELATIONSHIP YOU HAVE
WITH YOURSELF WILL
DETERMINE THE RELATIONSHIP
YOU HAVE WITH OTHERS.**



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THE FUNCTION OF THE HEART

The heart is a sophisticated information encoding and processing center that enables it to learn, remember, and make functional decisions independently.



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**THE HEART SENDS MORE
INFORMATION TO THE BRAIN
THAN THE BRAIN SENDS TO
THE HEART.**



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NERVE ENDINGS TRAVEL FROM THE BRAIN TO THE MUSCULAR WALLS OF THE HEART. THESE NERVES SEND MESSAGES TO THE MUSCLE TISSUE TO EITHER RELAX OR CONTRACT.



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SINCE THESE TWO ORGANS COMMUNICATE, MENTAL HEALTH CAN HAVE A DRAMATIC EFFECT ON HEART HEALTH AND VICE VERSA BECAUSE THE HEART AND MIND ARE INTRINSICALLY CONNECTED.



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HOW HEALTHY IS YOUR HEART?



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THINGS THAT IMPACT OUR HEARTS AND HOLD OUR MINDS HOSTAGE



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CHILDHOOD TRAUMA (ACE) ADVERSE CHILDHOOD EXPERIENCES, EXPERIENCES THAT TOOK PLACE BEFORE THE AGE OF EIGHTEEN, I.E., EMOTIONAL NEGLECT, PHYSICAL NEGLECT, SEXUAL ABUSE, OR VERBAL ABUSE.



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HOW DO WE CREATE A HEALTHIER VERSION OF OURSELVES?



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SELF INDIVIDUALIZATION



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INDIVIDUATION IS ABOUT BECOMING A UNIQUE INDIVIDUAL WITH A SENSE OF SELF. IN PSYCHOLOGY, THIS IS A CENTRAL PART OF DEVELOPMENT THAT ALLOWS PEOPLE TO GAIN A STABLE IDENTITY, SELF-AWARENESS, AND PURPOSE.



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**INDIVIDUATION IS OUR JOURNEY
TOWARD UNDERSTANDING
OURSELVES. IT INVOLVES BECOMING
THE MOST INTEGRATED, WHOLE
VERSION OF OUR UNIQUE SELF
POSSIBLE.**



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HEART STATEMENTS



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**AVOIDING HEART ISSUES WILL
CAUSE HEARTACHES THAT
IMPACT YOUR OVERALL MENTAL
HEALTH.**



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THE HEART REMEMBERS WHAT THE MIND FORGETS-WHAT MEMORIES ARE YOU HOLDING ONTO IN YOUR HEART THAT ARE KEEPING YOU FROM A HEALTHIER VERSION OF YOURSELF?



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**YOU CAN ONLY DEVELOP A
HEALTHY RELATIONSHIP WITH
OTHERS ONCE YOU DO THE WORK. -
ARE YOU WILLING TO DO THE
HEARTWORK?**



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ONE MORE THING BEFORE YOU GO...

Scan the QR code to take a quick survey!



Did you miss the offering?
Text to sow a seed.

Online

Text TDJM and amount to 28950
(Ex: TDJM50 – for a donation of \$50)

In-Person

Text PHC and amount to 28950
(Ex: PHC50 – for a donation of \$50)

