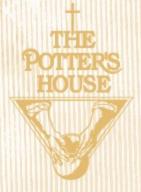


RELATIONSHIP MANAGEMENT: Cultivating a Healthy Relationship with Self









DOING THE HEARTWORK TO CULTIVATE A BETTER VERSION OF YOURSELF





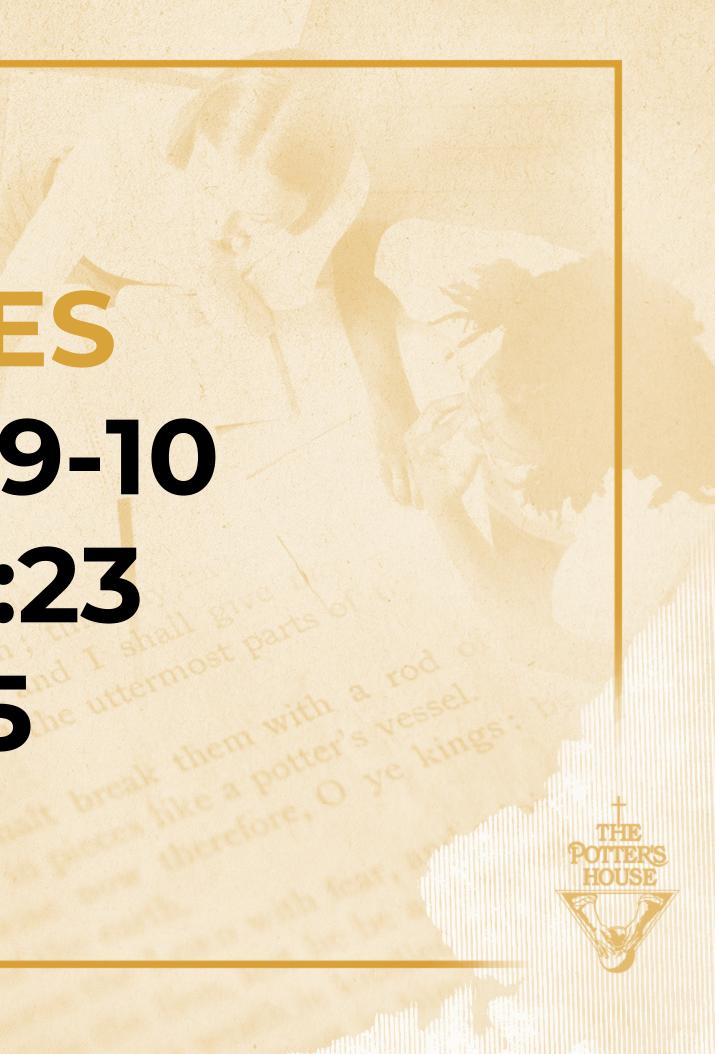




SCRIPTURES Jeremiah 17:9-10 Proverbs 4:23 Luke 6:45



SCAN QR CODE TO ASK A QUESTION





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



SCAN QR CODE TO ASK A QUESTION



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.



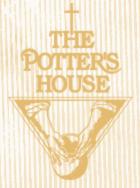
CAN QR CODE TO



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









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.



SCAN QR CODE TO ASK A QUESTION



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.



SCAN QR CODE TO ASK A QUESTION RELATIONSHIP



HOW HEALTHY IS YOUR HEART?









THINGS THAT IMPACT OUR HEARTS AND HOLD OUR MINDS HOSTAGE









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.



SCAN QR CODE TO ASK A QUESTION



HOW DO WE CREATE A HEALTHIER VERSION OF OURSELVES?





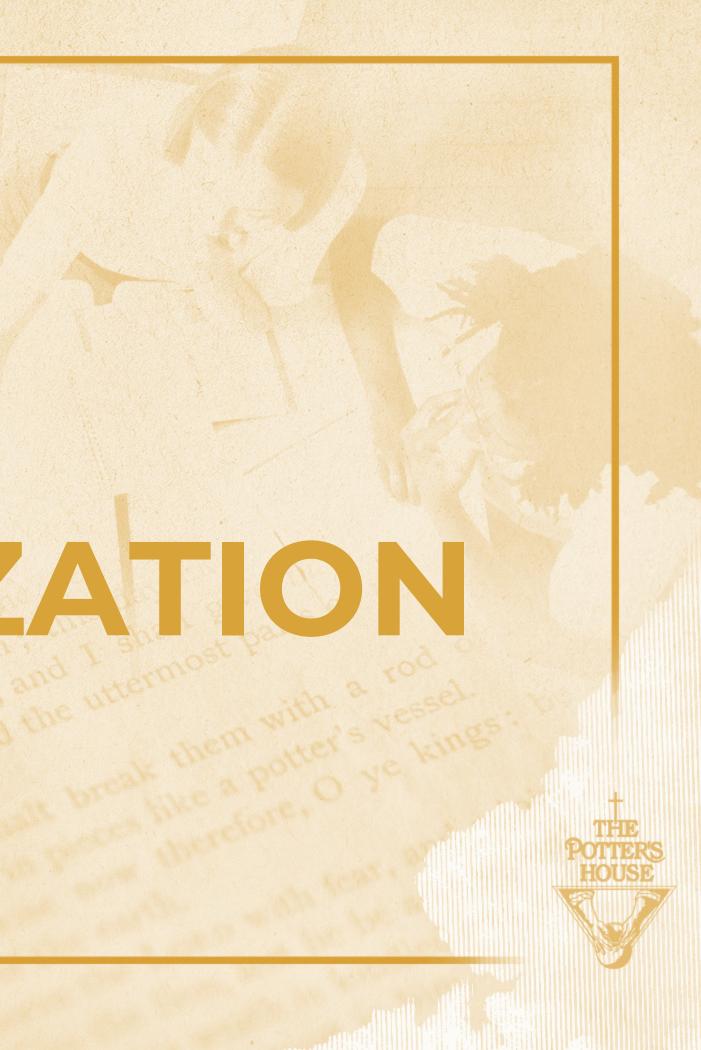




SELF INDIVIDUALIZATION









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.**



RELATIONSHIP





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







STATEMENTS









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







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?



SCAN QR CODE TO ASK A QUESTION



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



RELATIONSHIP



RELATIONSHIP MANAGEMENT



ONE MORE THING BEFORE YOU GO ... Scan the QR code to Did you miss the offering? take a quick survey! Text to sow a seed.







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

shall give

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