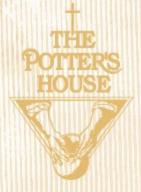


## RELATIONSHIP MANAGEMENT: Cultivating a Healthy Relationship with Self









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





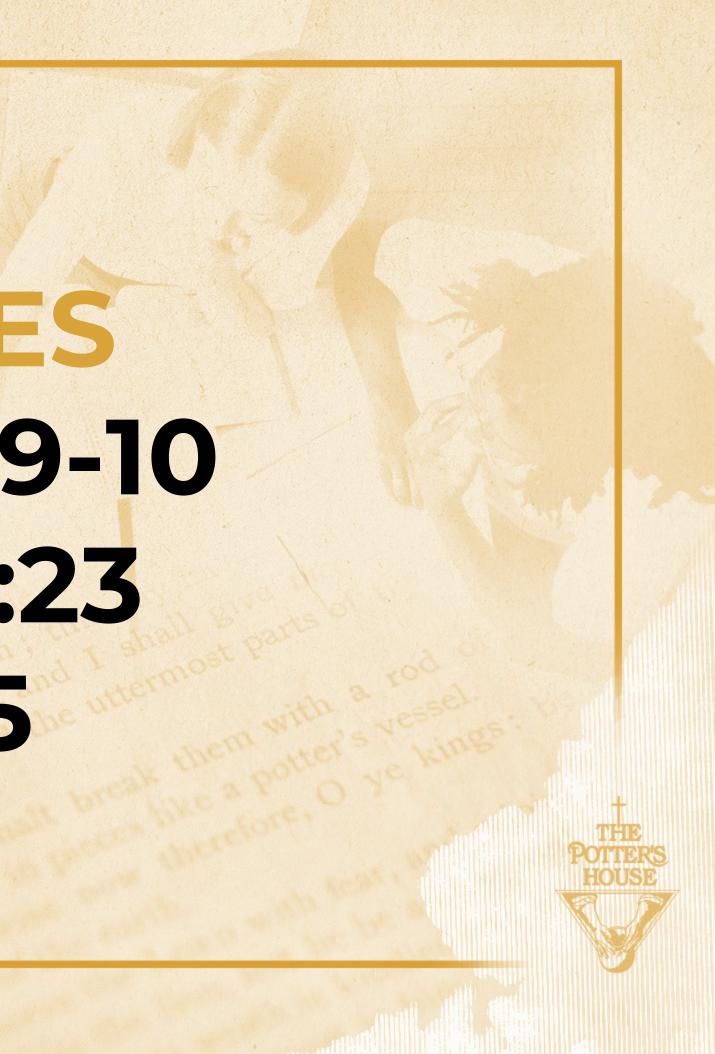




## SCRIPTURES Jeremiah 17:9-10 Proverbs 4:23 Luke 6:45



SCAN QR CODE TO ASK A QUESTION





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



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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.









#### 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?









## 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.



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## 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)