

February is Heart Health Awareness Month

Happiness Helps Make a Healthier Heart

Twenty-Five Heart-Healthy Ways to Happier, More Loveable Relationships with Peers, Family and Friends

1. Pay Attention
2. Acknowledge Others
3. Think the Best
4. Listen
5. Be Inclusive
6. Speak Kindly
7. Don't Speak Ill
8. Accept and Give Praise
9. Respect Even a Subtle "No"
10. Respect Others' Opinions
11. Mind Your Body
12. Be Agreeable
13. Keep it Down (Rediscover Silence)
14. Respect Others People's Time
15. Respect Other People's Space
16. Apologize Earnestly
17. Assert Yourself
18. Avoid Personal Questions
19. Care for Your Guests
20. Be a Considerate Guest
21. Think Twice Before Asking Favors
22. Refrain From Idle Complaints
23. Accept and Give Constructive Criticism
24. Respect the Environment and Be Gentle to Animals
25. Don't Shift Responsibility and Blame

Source: *Choosing Civility - The Twenty Rules of Considerate Conduct*, P.M. Forni. Dr. Forni is Co-Founder of The Civility Project at Johns Hopkins University

For more info on relationship skills presentations, workshops, and training programs for business, school and community, please contact - Yasmin Anderson-Smith, co-author, *The Power of Civility* - 301-792-2276 - www.kymsimage.com yasmin@kymsimage.com