

HEALTHY BITS

OFFICIAL HEALTH PROMOTION BULLETIN OF 8 WING CFB TRENTON
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HEALTHY RELATIONSHIPS

In every relationship, it is important to consider how we treat one another. Whether its romantic, platonic, familial, intimate, or sexual, your relationship with another should be respectful, honest, and fun. When relationships are healthy, they promote emotional and social wellness. On the flip side, when they are unhealthy, you may feel drained, overwhelmed, and invisible.

The way you communicate with others is an integral part of a relationship. Both sides should be able to communicate feelings, opinions, and beliefs openly. Consider tone, body language and phrasing as this may alter the underlying message. Miscommunication often occurs when individuals choose to text versus talking over the phone or in person. Figuring out the best avenue and allocating time to allow both parties to communicate is an integral part of a healthy relationship.

Boundaries can be physical, mental, or emotional limits that a person sets for themselves which others need to respect. Within a relationship these should be talked about and set as to ensure that both parties feel comfortable in the activities that are engaged in. Respecting boundaries can lead to a long-lasting healthy relationship where both parties feel respected and heard.

Talking about issues and conflicts might be seen as an unhealthy but it is completely normal and very beneficial to any relationship. At times, disagreements will occur. Talk through these calmly without placing blame or personally attacking the other party. Openly speaking up and communicating your concerns while being respectful can promote problem solving communication.

In addition to these components, you should be enjoying your time you spend with others. Healthy relationships are worth pursuing as having fun with others can be rewarding and promote our overall health and well being.

UPCOMING HP PROGRAMMING

**Managing Angry Moments
MAM**

6 October

**Prevent & Respond to
Sexual Misconduct
(PRSM)**

**(Formerly known as RitCAF)
8 October**

**Mental Fitness Suicide
Awareness**

MFSA

14 & 15 October

InterComm

**2 x days over consecutive
weeks**

22 & 29 October

**Positive Space
Ambassador Training**

27 & 28 October

**Fall Nutrition Essentials
Workshops!**

**Friday Mornings in
October/ November
16, 23, 30 October
&**

6 & 13 November

**CONDENSED Fall Nutrition
Essentials Workshop**

2 FULL DAYS

21 & 28 October

Healthy Eats!



20-Minute Harvest Vegetable Soup (source eatingwell.com)

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 (15-ounce) can no-salt-added cannellini beans, rinsed
- 1 (14-ounce) can no-salt-added diced tomatoes, undrained
- 1 (10-ounce) package frozen chopped sweet potatoes
- 1 (10-ounce) package frozen cauliflower florets
- 4 cups lower-sodium vegetable broth
- 2 cups cut fresh green beans (1/2-inch pieces)
- 1 tablespoon chopped fresh thyme, plus leaves for garnish
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon salt plus 1/8 teaspoon, divided
- 1/2 teaspoon ground pepper, plus more for garnish

Directions

Heat 2 tablespoons oil in a large pot or Dutch oven over medium-high heat. Add chopped onion; cook, stirring occasionally, until beginning to brown, about 4 minutes. Stir in rinsed cannellini beans, 1 can tomatoes, 1 package frozen sweet potatoes, 1 package frozen cauliflower, 4 cups broth, 2 cups green beans, 1 tablespoon thyme, 1 1/2 teaspoons garlic powder, 1/2 teaspoon salt and 1/2 teaspoon pepper. Bring to a gentle simmer over medium-high heat. Cover and cook until the green beans and sweet potatoes are fork-tender, about 5 minutes. Remove from the heat. Divide among 4 bowls; sprinkle with the remaining 1/8 teaspoon salt. Garnish with thyme leaves and pepper, if desired.

Did you know?

1. Couples in Canada living together for 12 continuous months are considered common law.
2. People living in a married or common law setting report stronger personal connections.
3. It is common for those who have experienced intimate partner violence to suffer mental health consequences.



5 Relationship Facts

1. According to Statistics Canada 44% of women and 36% of men who have been in an intimate partner relationship report experiencing psychological, physical or sexual abuse.
2. Among people who reported their personal relationship satisfaction as high, more than 75% reported a high sense of meaning and purpose in their lives.
3. Over 4.4 million Canadians lived alone in 2025.
4. About 78% of police reported intimate partner violence victims are women and girls.
5. 34% of those who faced intimate partner violence did not speak to anybody about it, let alone report it.

*Register
Now*

