



## WHAT COLOR IS YOUR RELATIONSHIP?



### PURPOSE

To explore how your current relationships make you feel and how you could approach these relationships to enhance your well-being.

### MATERIALS NEEDED

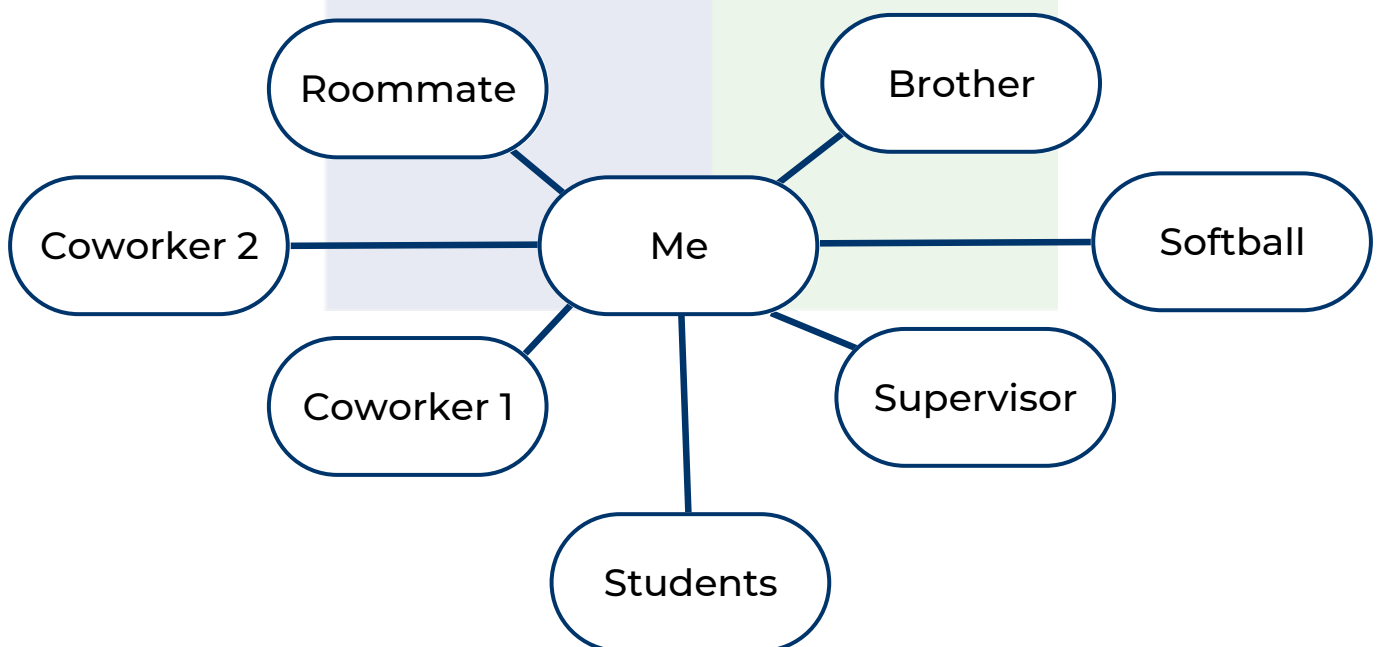
Paper and writing utensils and/or stickers in red, yellow, green, and blue

### TIME

20 minutes

## INSTRUCTIONS

- Make a list of approximately 10 people you spend the most time with at work, at home, or in other areas of your life. You may consider individuals (family members, partners, friends, co-workers, etc.) or groups of people (sports teams, music or religious groups, etc.). (3 minutes)
- Consider how you would depict these people in a web diagram based on how close you feel to each one, with each person or group extending closer or further from you at the center. Below is an example:





## WHAT COLOR IS YOUR RELATIONSHIP?

- Create your own web with yourself at the center and individuals and/or groups connected to you. (5 minutes)
- Reflect on your usual interactions with each person or group. Notice how you feel after each interaction.
- Ask yourself: (3 minutes)
  - How do these people leave me feeling?
  - Do I tend to be in the red, blue, green, or yellow quadrant of the Mood Meter after my interactions with them?
- Now, color code your web based on the color of the Mood Meter that would best describe your relationship with each individual or group. (3 minutes)
- Debrief the activity with a partner or the group by discussing the questions below. It is okay if you choose not to share your web with others. (5 minutes)
  - Does anything surprise you in this reflection?
  - What does this pictorial representation tell you about your social interactions and your well-being?
  - Are there any of your relationships that you would like to shift? If so, which ones?
  - What might you do to shift? How might these shifts impact your well-being?
- Conclude this activity by saying:

*"Our relationships affect how we feel. While all emotions matter and feelings in all quadrants of the Mood Meter can support us at different times, research shows that being in green or yellow about 70 to 80% of the time is helpful for our general well-being. With this in mind, it is important to evaluate the emotional impact of our relationships and interactions and make adjustments as needed."*