After listening to the guest speaker presentation on growing and maintaining relationships and reading Chapter 13 (social support, relationships and communication) of your book, you are expected to work with your team on a report that responds to the next questions:

1. **Why is the topic important to manage and prevent stress?**

   Some information that was provided by the guest speaker was: the idea of love language, how to see if a relationship is abusive, and how to get out of abusive relationships. First, we learned that people communicate love in many ways (5 types). This is especially important because if we cannot connect on that level, we will not be able to understand our partners needs and wants. She also touched on the idea that when there is abuse, it can cause stress in our lives because we are constantly worried about the abusive partner. There are many types of abuse, but the main point she had was that we need to be able to leave the relationship when it gets abusive, and the best way to leave is to pack up without saying anything, before it gets physical.

   This topic is vital to properly manage stress, especially in such a busy society. Being able to do this is one of the ways to live a healthy life. The fact that one can not manage stress in a modern society where there are many stress-inducing factors means that we need to do everything in our capacity to control how we perceive things. Since stress affects the body, we need to know how to relieve stress and manage it at the right timing. Once you know how to manage stress yourself, you can turn it into a positive experience by changing the perspective of the event when something bad happens. In relationships, perspective is vital to understand when
they are good or bad. We must be aware of what is happening around us in order to control our own happiness, and in turn, our own stress.

2. **Is the information provided by the guest speaker coherent with the information presented in the book?**
   a. **Why?**
   The information provided by the guest speaker is coherent with the information presented in the book chapter 13, because the speaker directly addresses what chapter 13 is about. Managing and having a healthy relationship, and the social, emotional and stress factors that go along with them.
   
   b. **What are the differences?**
   One difference between the guest speaker and chapter 13 would be that the book covers multiple stressors that can affect relationships. The “Big Five” stressors power and control issues, children, money, division of responsibilities, and sex are covered in chapter 13. While the guest speaker covered primarily how to have healthy relationships, and how we grow from relationships with others,
   
   c. **What are the similarities?**
   Similarities between the guest speaker presentation and chapter 13 primarily involved relationships. How as people we are primarily dependent on relationships. Whether that be with family, friends or boyfriends and girlfriends. These relationships determine whether or not we are happy, sad, lonely, or stressed. Both stated how healthy relationships are needed for overall well being, and how to be in one. As well as the negative effects of an unhealthy relationship including stress, depression, etc.
   
   d. **What are the complementarities?**
   Complementaries between the guest speaker and chapter 13 is that the guest speaker helped understand the material presented in chapter 13. Reinforcing the positive effects of healthy relationships with parents, friends, and significant others with key examples to fully grasp the ideas. The guest speaker touches on how to maintain and have a healthy relationship with boyfriend or girlfriend. That complemented the material in chapter thirteen addressing communication, love language, listening, and dealing with conflict in the relationship.

3. **How may this information impact your lifestyles?**
   The information given to us by the guest speaker is important, especially as young people. As we go into relationships and navigate who we want to spend time with, we need to apply the skills we learned in class. For example, and probably the most applicable, we need to
be able to understand how everyone has their own “love language.” Be able to see that and then understand how we can connect is what will help us in our own lives. Without that knowledge, we may think someone doesn’t care about us, however we may just not be reaching them the correct way. Another important idea is how to get of abusive relationships. Many times, people may not realize that they are even in an abusive relationship, especially if it’s mental and emotional abuse. We need to apply the signs we learned today and attempt to escape bad situations in order to better ourselves and our lives.