

# » Life Advisor

## Well-being | Newsletter

LifeAdvisor.com

Employee Monthly Communication

## Staying Connected in a Digital World

In today's connected world, many of our relationships begin or exist entirely online. Whether it's texting with friends, networking on LinkedIn, meeting new people through social media, or maintaining long-distance relationships via video chat, digital communication is now part of everyday life. Online relationships can be incredibly rewarding—offering support, community, and even new opportunities. But they can also bring challenges, especially when it's hard to tell who's being genuine or when boundaries start to blur. That's why understanding the dynamics of healthy online relationships is so important—not just for our emotional well-being, but for our personal safety and peace of mind. So, what makes an online relationship healthy?



### Healthy Online Relationship Behaviors

Look for these green flags that show the relationship is respectful, balanced, and supportive:

Green Flag	Example
Respect for Boundaries	They're okay if you need space or time offline, and they don't push for more than you're ready to give.
Open & Honest Communication	They're willing to have real conversations and clarify misunderstandings without blame.
Mutual Support	You encourage each other's goals, growth, and independence—online and offline.
Consistent & Respectful Interaction	They treat you with kindness and consistency, not only when it benefits them.

Accountability	If they make a mistake, they take responsibility and don't shift the blame.
Balanced Time Online	The relationship enhances your life rather than consuming it entirely.

### Red Flags in Online Relationships

These warning signs may signal that a relationship—friendship, romantic, or professional—is unhealthy or potentially harmful:

Red Flag	Example
Pressure to Share Personal Info	They insist on knowing your address, phone number, or financial info early on, despite your hesitation.
Inconsistencies or Secrecy	Their stories don't add up, or they avoid video calls and only communicate at odd hours.
Isolation Tactics	They discourage you from talking to others, claiming "they don't understand you like I do."
Guilt or Manipulation	They make you feel guilty for setting boundaries or not responding fast enough.
Love Bombing or Over-Attachment	They express intense feelings very quickly and expect constant attention.
Controlling Behavior	They monitor your social media activity or try to control who you talk to online.

### Online Safety Tips

When it comes to online relationships, staying safe starts with being mindful about how you interact and what you share. Think carefully before posting or sending personal information—once it's out there, it can be difficult to take back. Remember, you're never obligated to respond to messages immediately; it's okay to take your time and set boundaries. If you're considering meeting someone in person, try video chatting first to ensure they are who they say they are. And always use privacy settings on social media to control who can see your content and connect with you. These small steps can make a big difference in protecting your well-being online.

**Need Support? We Can Help.**

If you're feeling unsure about an online relationship or struggling to navigate digital communication, you're not alone. Ulliance offers free, confidential support to help you talk it through with a professional counselor.

Whether you're facing challenges or just want someone to talk to, we're here to help you feel supported and empowered—online and offline.

**For more information, tools, resources, or app information, call your  
Life Advisor Employee Assistance Program!**



**Ulliance provides no cost, confidential, short-term counseling  
for you & your family.**

Call us- we're here to help **800.448.8326**