

# Hierarchy of Needs



# Relationship Success



Truth is, no two people are completely compatible.... We must be **WILLING TO COMPROMISE** for the good of the relationship.

You should not be the one doing all the bending. **COMPROMISE** is a **TWO-WAY STREET**.

**NO RELATIONSHIP IS PERFECT, EVER.** There are always some ways you have to bend, to compromise, to give something up in order to gain something greater.

Every successful relationship must have the **3 C's:...** **COMMUNICATION, COMPROMISE** and **COMMITMENT.**

In marriage, **COMPROMISE NURTURES** the relationship.

**COMPROMISING** doesn't mean that you are wrong and someone is right, it only means that you value your **RELATIONSHIP** much more than your **EGO.**

# What is Consent?

## WHAT IS CONSENT?

Consent is more than **YES** or **NO**

### Informed

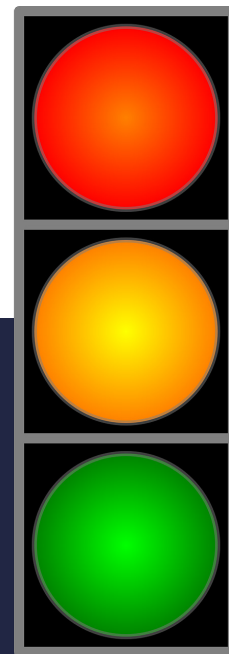
Does each person know what the risks are?  
Do both know what will happen?  
Know what specific activities will happen.

### Enthusiastic

They aren't pressured.  
Volunteer consent.

### Ongoing

Check in throughout activities.  
Ask for consent as things change.



# Steps to CPR

1

CALL EMERGENCY NUMBER



Call 911 or ask someone to help.

CHECK VITAL SIGNS

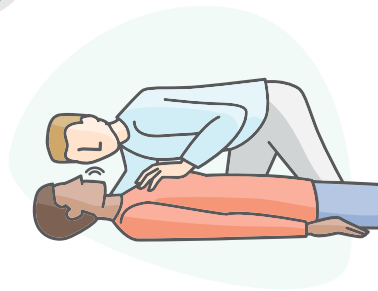
2



Lay the person on their back and open their airways.

3

CHECK BREATHING



If they are not breathing, start CPR.

PERFORM CPR

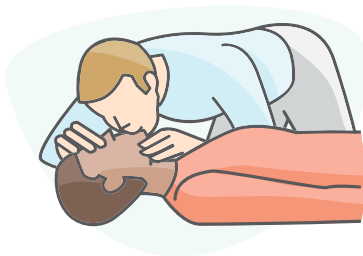
4



30 chest compressions.

5

GIVE RESCUE BREATHS



Two rescue breaths.

REPEAT

6



Repeat until an ambulance arrives.

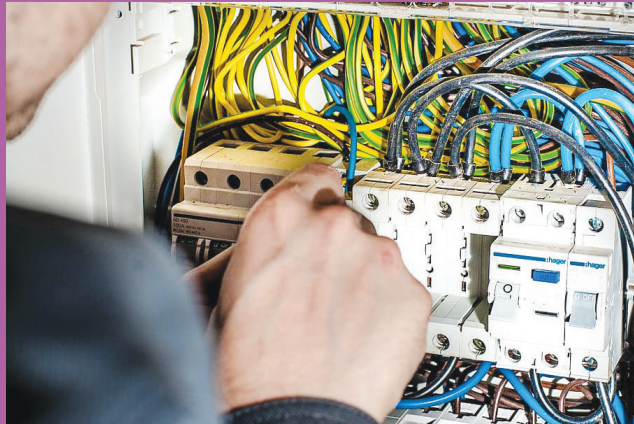
# What Will You Make?



**Truck Driver \$56,000 - \$68,000**



**Doctor \$192,000 - \$663,000**



**Electrician \$41,000 - \$72,000**



**Veterinarian \$73,000 - \$122,000**



**Firefighter \$24,000 - \$69,000**



**Yoga Teacher \$48,000 - \$66,000**

# Symptoms of Stress

The following are symptoms of stress when experienced chronically.



**Headaches**



**Little Energy**



**Upset Stomach**



**Aches, pains, tense muscles**



**Quick Heart Rate**



**Trouble Sleeping**



**Getting Sick Often**