

Healthy Relationships

From the Wellness Center

Overview & Purpose

We experience relationships everyday--peer, professional, family and romantic. They are essential for our overall well-being. Relationships involve many different factors including emotions, communication and actions. For the most part, relationships bring positivity into our lives and they are enjoyable, happy and supportive. However, with the good, there can always be a bad. Many of us experience unhealthy relationships as well. It is important to be able to identify when we are involved in an unhealthy relationship and what to do next.

Some Ideas To Think About

- Some relationships need extra work-- it is okay if they are not perfect, but it takes communication, care and action to make them positive and healthy
- Do not underestimate positive communication skills-- communicating is key to many relationships
- Mutual agreements and compromises may need to happen; a mindset of “My way or the highway” does not establish positive communication
- 5 things you can do: give time, be present, listen, be heard, identify unhealthy relationships
- Sometimes we need to say goodbye to certain relationships

Articles

Short Read:

<https://kidshelpphone.ca/get-info/healthy-relationships-vs-unhealthy-relationships>

Longer Read:

<https://www.mentalhealth.org.uk/publications/relationships-21st-century-for-gotten-foundation-mental-health-and-wellbeing>

**If you have any questions, please call the Wellness Center at (530) 280-2009.

