

Tip sheet

Healthy relationships

Healthy relationships take time to build and effort to maintain, but surrounding ourselves with strong connections can help maintain our mood and sense of belonging. Here's how you can start:



Maintaining a thriving relationship

Communicate

Listen actively and express yourself openly; this allows you to develop trust and build conversation.

Respect

Speak to each other, recognising the value of the other person while acknowledging your differences. Approach conflict constructively and talk at a time that both people have time to do so.

Create goals together

When you're in it for the long haul, it's crucial to not only support each other's personal dreams but also to build goals together. Working as one to achieve something can bring you closer than ever before.

Be flexible and compromise

Agree that it's okay to have differing opinions when needed.

Give and take

Celebrate efforts and successes and provide comfort during hardships. In a healthy relationship, this support naturally goes both ways and recognises the needs of the other.

Boundaries

Even in the closest relationships, having clearly-communicated boundaries is essential. Work together to honour each other's boundaries and establish a reasonable level of compromise.

Intimacy

There are several types of intimacy, including physical and emotional. Positive relationships require a level of connectedness and affection that enriches everyone individually and strengthens the bond you share.

Be a gardener

Treat your relationships like a garden; regular nurturing ensures health and longevity. Even when times are busy, just checking in on someone you care about can make a world of difference to their day.

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