

POSITIVE FAMILY RELATIONSHIPS

Quality family relationships and bonds between family members play a key part in the way we feel, manage and work through everyday life and challenges. Whilst not always easy, family relationships do bring joy and comfort to our lives, and with ongoing commitment and quality communication, we can foster these relationships.

TIPS IN ACTION:

Self-awareness

1. Know and accept your **personality style**, including its limitations. This will help you understand how you approach certain interactions.
2. Be mindful of your response to stressful events. Take a minute to **calm your thoughts** before having a tricky conversation.
3. **Reflect** on how you responded to challenging relationships and conflict in the past. What went well and what can be improved?

Communicate

1. Make communicating a habit. **Talk often and openly** because creating a healthy communication pattern will strengthen the bond and trust between two people.
2. **Talk early** about things that cause strain so negative tension doesn't build up.
3. Be prepared to **give and receive honest feedback** about things that can be changed for the better.

Quality time & support

1. Make an effort to **be mentally present** with your loved ones when spending time together. Avoid distractions, such as devices at meal time.
2. Make a list of pleasant activities you can do together and plan ahead to ensure you **set aside time** to do these.
3. **Affirm your relationship**. Give compliments and regularly discuss what you like about what they did, who they are and your relationship.

