# Healthy Relationships

Humans thrive on connection. Our relationships have a huge effect on our wellbeing so it's important that they are healthy and have a positive impact. Healthy relationships help us to feel happy, fulfilled, and secure, and can help to reduce stress, improve our self-esteem, and boost our immune system.

## Signs of a healthy relationship

✓ Open communication

✓ Shared values and interests

✓ Honesty

✓ Willingness to compromise

## The benefits of healthy relationships

**Increased happiness.**
People in healthy relationships are more likely to feel happier with their lives. They report feeling more joy, satisfaction and confidence.

**Improved mental and physical health.**
Healthy relationships can have a positive impact on our mental and physical health by helping to reduce stress, improve our self-esteem, and boost our immune system.

**Stronger social support network.**
Healthy relationships provide us with a strong social support network which is important for general mental wellbeing and to help us cope with difficult times.

# 6 tips to maintain healthy relationships

All healthy relationships take work to maintain, but this can be achieved by following some simple steps:

**1** **Communicate openly and honestly.**

Communication is the foundation of any healthy relationship. Be respectful and honest with your communication, and also be willing to listen without judgment.

**2** **Be respectful of each other.**

We were all taught this from a young age – treat others with the same respect that you would want to be treated with.

**3** **Show your love and appreciation.**

Don't get stuck in a rut – remember to let your partner know how much you love and appreciate them. This can be as simple as holding hands or cuddling on the couch while you watch TV.

**4** **Prioritise your relationship.**

Make time for each other, even when you are busy. You can even schedule this into your daily or weekly plans so it doesn't get forgotten. Go on dates, take walks, or just spend time together.

**5** **Be supportive of each other.**

Be there for your partner when they need you. Offer your support and encouragement, and be there to listen when they need to talk.

**6** **Forgive each other.**

Everyone makes mistakes. When your partner hurts you, be willing to forgive them. Forgiveness is essential for maintaining a healthy relationship.

## Need support?

For specific and personalised help, speak to our team of health professionals by calling or requesting an appointment **online**. Don't forget to register for **Wellbeing Gateway** to access enhanced features and resources.