



WELLNESS LETTER

Building Relationships

Healthy relationships help us to maintain a positive outlook on life. Maintaining a support network provides a space to share feelings, hopes, and challenges. Resulting in camaraderie and improved self-worth. It is also a good opportunity to learn about oneself through these relationships. We can understand how we are perceived, gain assistance with problem-solving, and encouragement towards our goals.

The core values in healthy relationships include respect, open communication, understanding, and emotional support. These values help us to understand why misunderstandings can happen, causing hurt and confused parties. The good news is, with healthy communication skills we can head toward a road of less confusion.

Honing our communication skills allows us to be clear about what we want to say, learn how to understand others, and develop the confidence to clarify our understanding.

Other ways we can encourage open communication is by setting aside uninterrupted time to speak to someone, letting each other finish what we are saying, and through non-verbal listening skills.

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Reminders

Helpful reminders for communication:

- Say sorry when you're wrong
- Make your relationships a priority
- Find solutions that work for both of you



IMPORTANT

It is important that we train ourselves to not be too defensive. Instead approach from a curious perspective. Stay calm, avoid being on the attack and articulate your feelings through 'I' statements over accusatory 'you' statements.





HEALTHY RELATIONSHIPS

Questions

Here are a few questions to learn more about others. Perhaps use these at your next team meeting, dinner table, or mates check-in:

- What three movies would you recommend?
- If you were asked to brag about your parents, what would you say?
- What do you wish people knew about you?
- Deep space or deep ocean, why?
- What's a valuable lesson that you've learned during your travels?
- When do you feel most at peace?
- What unfulfilled dream is most on your mind?
- If you would ask anyone in history one question, who would it be and what would you ask?
- What have you held on to for too long?
- Which part of your life would you like to go back to and why?
- What's the best advice you've been given?



Connect with LOMCC
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Resources

MindShift

Online resources educating on self-worth in relationships

Mensline

Toolkit on communication patterns, boundaries and conflict management

Relationships Australia

Offers face-to-face and remote courses on a range of topics

