

Health & Wellbeing

June – Healthy Relationships



Healthy relationships

A healthy relationship with your friends, family and partner can enhance your life and make you feel good about yourself. Relationships take time, commitment and care to keep them healthy. The more time you put into a relationship, the more you get back. Common qualities found in healthy relationships include: trust, open communication, respect, equality and shared interests, while maintaining individuality.

Benefits of having healthy relationships

People who have healthy relationships are more likely to feel happier and satisfied with their lives. They are less likely to have physical and mental health problems. Healthy relationships can:

- Increase your sense of worth and belonging
- Give you confidence
- Support you to try out new things and learn more about yourself



Communication is key

A key characteristic of a healthy relationship is good communication. It is important to talk to each other regularly and listen to each other too. Misunderstandings can happen, and that can lead to people being upset, hurt or confused. It is best to be clear about what you want to say. Making a real effort to understand what the other person is saying also helps.

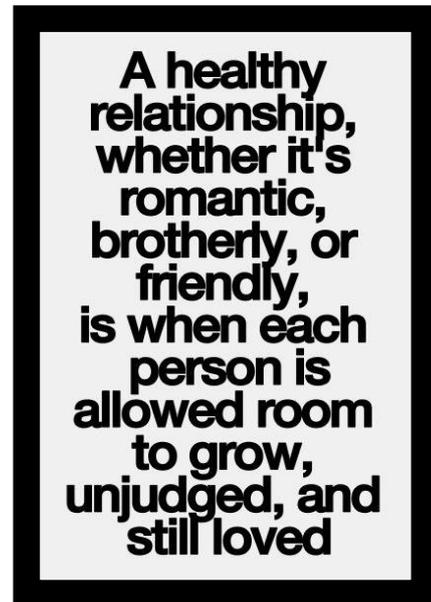
To encourage more open communication:

- Set aside time to talk, without interruptions
- Put yourself in the other person's shoes
- Don't rely on the other person to guess what is going on, or how you are feeling

- Listen to each other, and make sure the other person knows you are listening to them
- Let the other person finish what they are saying
- Talk about things honestly and respectfully
- Try not to be too defensive
- Stay calm

Other things you can do to improve your relationship with your partner, family or friends are:

- Say sorry when you are wrong
- Show appreciation
- Develop shared interests
- Try to find solutions that help both of you
- Make plans for the future



Relationships Australia <https://www.relationships.org.au/>



Relationships Australia is a leading provider of relationship support services for individuals, families and communities. They aim to support all people in Australia to achieve positive and respectful relationships.

They are a community-based, not-for-profit Australian organisation with no religious affiliations. Their services are for all members of the community, regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

They offer services around the country that include counselling, family dispute resolution (mediation) and a range of family and community support and education programs.

Relationships Australia®