

Healthy Relationships



LIFEbeat 5 Top Tips for Positive Relationships

1. Prioritise Self Care and Love Yourself

You are worth it! Look after yourself, follow what feels nurturing for you and discover what you love about yourself. Our self esteem is the foundation for all our relationships with others.

2. Boundaries

Be clear about your "no", what doesn't feel right or OK and find your voice to say so. This will make your "yes" clearer to others too.

3. Fair Share

Positive relationships with others are an equal exchange - both give and receive to nourish the friendship/intimate relationship.

4. Communication

Listen well and try to respond rather than to "react". Express your own feelings from the I place i.e. "I feel/I think/I need" and notice if you feel heard.

5. Have Fun and Enjoy

Do you laugh together, have fun and does the relationship lift you up? Positive relationships nourish and feed us. They make life feel better and we feel less alone.

Every relationship, friendship and partnership is different. They are like gardens, where we get to plant seeds and care for them so they flourish and become abundant, colourful spaces. They are seasonal and go through ups and downs and they need to be valued.....