

CODE Community Support Group – The Importance of relationships

“Choose people who lift you up”

Let’s re-set and refresh ourselves, carry out this simple task when you need a break. It will help you to focus and will allow you to clear your brain.

- Inhale and think “I am”
- Exhale and think “at peace”
- Repeat 4 times

Practicing this technique can help you to practice self-worth and to focus.

The importance of good relationships in our lives, and the effect that has on our mental health, is so underrated.

Having a poor relationship with friends and even family members, where you don’t communicate openly and regularly, can have a detrimental effect on your stress levels and can also leave you feeling frustrated and alone. Remember, you are not alone.

This week we are going to look at the importance and relevance of relationships, and how you can use these to push you forward. Let’s start with the benefits.

As humans, the relationships we form with other people are vital to our mental and emotional wellbeing, and really, our survival.

Humans have an inherent desire to be close to other people. To connect and build relationships. But what exactly does a healthy relationship look like?

A positive relationship can be shared between any two people who support, encourage and help each other practically as well as emotionally. In no particular order, people in healthy relationships tend to:

- Listen to each other
- Communicate openly and without judgment
- Trust and respect each other
- Consistently make time for each other
- Remember details about each other’s lives
- Engage in healthy activities together

5 Benefits of healthy relationships

- * **Less Stress**
- * **Better Healing**
- * **Healthier Behaviours**
- * **Greater sense of purpose**
- * **Longer life**

Maintaining healthy relationships with family and friends should be part of your everyday routine. Stay connected, stay linked, keep talking. Building relationships is good for you, will help you improve your mood, your mental health and your wellbeing.

It is so important to keep maintaining them. It takes time and commitment. No relationship is perfect, but it is important that it brings you more happiness than stress.

Tips for building and maintaining healthy relationships

- **Be clear about what you want** – Make your point clearly and honestly, whilst respecting other's points of view.
- **Say sorry when you're wrong** - this helps to heal
- **Show appreciation** – Let them know you are thankful for their support
- **Listen** – Let them know you hear them. Support them, as they do you.
- **Avoid consistently giving advice** – if they ask for it, give it. But try to avoid giving unwanted advice as this could cause a rift in the relationship.
- **Be authentic** – be honest, be yourself.
- **Communicate openly and honestly** – it can take time and trust to do this. Ask what you can do for them, be honest and open and act to them as you would wish they would to you.
- **Treat them the way you want them to treat you** – This is by far the most important part of any relationship.
- **Make time** – Spend time with your friends and family. Call them, message them or arrange a virtual chat! Contact is key.
- **Keep your promises** – If you know you can't deliver something, don't promise you can.
- **Have fun** – Laugh, joke and share interests.
- **Seek Balance** – It isn't always about laughter, sometimes you need to be listened to or you need to listen. Work to find the best balance for you.
- **Keep in contact** – Make sure you keep in contact.
- **Don't take them for granted** – When things get busy in our lives, we can sometimes take things for granted – this includes our family and friends. Make sure you are touching base, most friends and family will understand if you haven't made contact for a while.

Write down 3 ways you are going to build and maintain your relationship with family and friends using the information you have learnt today.

- 1.....
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- 2.....
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- 3.....
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CODE have plenty of ways to help you keep healthy each week...

HIIT – with Boxercise

Online

Every Monday at 6pm

<https://codestudents.co/Fitness>



Yoga

Online

Every Tuesday at 6pm

<https://codestudents.co/Fitness>



Core

Online

Every Thursday at 6pm

<https://codestudents.co/Fitness>



Meditation

Online

Every Saturday

<https://codestudents.co/meditate>



CODE Community Support Group

(limited to 15)

Every Wednesday

1pm – 3pm in the Communal Area

<http://codestudents.co/support>



Grab and Go table

Pick up snacks, food, drinks or a

book from our motivation library

Every Wednesday – 1pm – 4pm

Block B Foyer

