Many factors can influence mental well being

Relationships can come under strain from time to time. Whether it’s within a committed relationship; between partners and their children, managers and employees or within a friendship. Communication can break down and misunderstandings can create barriers.

There are many ways to keep relationships healthy, even though each one will be different. We can all improve our relationships by:

- Keeping expectations realistic - no one can be everything we might want them to be
- Don’t forget your needs - you’re important too!
- Talking with each other
- Being flexible - change and growth are allowed
- Being dependable - if you make plans, follow them through, be trustworthy
- Being fair - most relationships have some conflict, it only means you disagree about something
- Showing you care - healthy relationships show emotional warmth
- Keeping your life balanced - don’t overload yourself
- Not rushing - it takes time to meet people and to get to know them
- Being yourself - healthy relationships are made of real people, not images!

Working together to make South of Tyne and Wear healthy for you

This information can also be made available in another format or language on request. If you require further copies of this leaflet please contact the Public Health Improvement Information Team Tel: 283 1124 Email: healthinfo@sotw.nhs.uk

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